

# COSMOPOLITAN

FEBRUARY 2016

Julianne Hough

Life in the Ballroom and the Bedroom

# SEX TIPS SO HOT

YOU'LL GET TURNED ON JUST READING THEM

Stop Stressing About What You Eat



Look  
Hotter  
Naked!

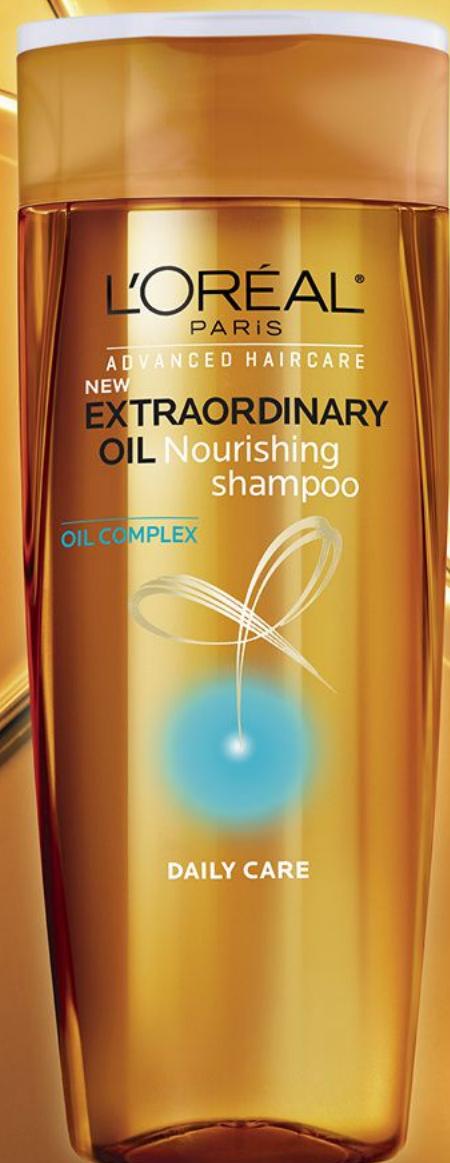
ADVERTISEMENT

# COSMOPOLITAN

CAN A SHAMPOO REALLY CHANGE DRY HAIR?

NEW  
**EXTRAORDINARY  
OIL**  
NOURISHING SHAMPOO SYSTEM

THIS  
ONE  
CAN



**L'ORÉAL**  
ADVANCED HAIRCARE / PARIS



DISCOVER AN END TO DRY HAIR AT  
**EXTRAORDINARYOIL.COM** ↗

Blake Lively

# AN INCREDIBLE REBIRTH FOR DRY HAIR IN JUST ONE WASH

BECAUSE YOU'RE WORTH IT.™



## THE POWER OF 6 OIL COMPLEX

Coconut  
Argan  
Chamomile  
Amla  
Soja  
Sunflower

## NEW EXTRAORDINARY OIL NOURISHING SHAMPOO SYSTEM

- TAILOR-MADE WITH LUSCIOUS LIGHTWEIGHT OILS
- DEEPLY NOURISHES WITHOUT THE WEIGHT
- INCREDIBLY LUSTROUS, TOUCHABLY SOFT

THE POWER OF BEAUTIFUL HAIR. EVERY DAY.

**L'ORÉAL**  
ADVANCED HAIRCARE / PARIS

# COVERGIRL®

EASY BREEZY BEAUTIFUL

KATY PERRY



© 2015 P&G

A WHOLE NEW LOOK IN LASHES  
**PLUMPIFIED!**  
NEW **PLUMPIFY** MASCARA

#PLUMPIFY @ COVERGIRL.COM/PLUMPIFY

Katy is wearing lash inserts.

**50X**  
VOLUME  
+  
VERTICAL LIFT



# CONTENTS

FEBRUARY  
2016

“Yes, I  
kissed Zac  
Efron....  
Yes, he’s  
great!”

ACTRESS ZOEY DEUTCH  
TALKS ABOUT HER ROLE  
IN *DIRTY GRANDPA* IN  
“RED-HOT RIGHT NOW.”

DRESS, *REDValentino*.  
EARRINGS, *Oscar de la Renta*

146

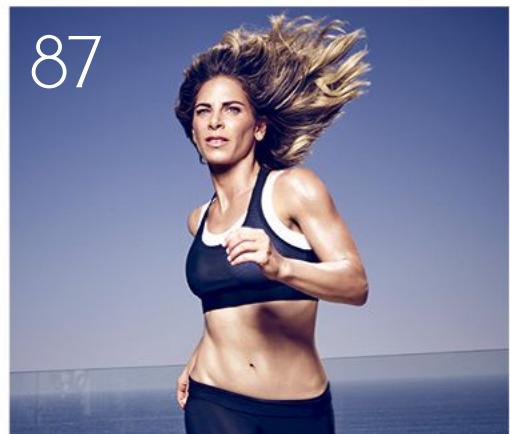
## COVER STORIES

It's February! Time for Sex Tips So Hot, You'll Get Turned On Just Reading Them (117). Look Hotter Naked! (154) but Stop Stressing About What You Eat (112). Then read how Julianne Hough Goes There!! Her Movie, Her Man, Her Love Life (140). Ward off Sunday scaries with Work Secrets to Cure Your Monday Blahs! (160) Is Your Guy a Procrastinator? Yup, It's a Thing (124). Then learn to cope When His Diet Makes You Feel Fat (102). Mo' money? NP! Follow the 1-2-3 Steps to Living That Big \$\$\$ Life (166).

## FEATURES

Meet people in monogamish relationships in The Swing Set (132).

# CONTENTS



## CULTURE CRUSH

Check out Mr. February's tight-end (25). Yes, Let's Talk Fashion on the Red Carpet (26). Curl up with Cosmo Reads (28), and learn why Cosmo Guy Chris Pine (30) loves a leading lady. Fall in love with Chelsea Handler all over again (32), and keep on LO Ling with Hot! vs. Huh? (34) and Fun, Fearless...Fail! (35)

## STYLE

This V Day, Treat Yourself (39) from head to toe (and everywhere in between). Then find Gifts for Your Guy (48) that you'll want to snag. See stripes-gone-sexy in Fun, Fearless Finds Under \$50 (52), and Look Hot Tonight in Suede (56). Plus, model Candice Huffine shares her tips for dressing your curves in Body Talk (60).

## BEAUTY

Brush up on the Best. Hacks. Ever! (63) and get Sexy Beauty All Month Long (68). Love Is in the Hair (66), so cuddle up to your mane. Then Your Clearest Skin Starts Now (70). Spend \$10, Tops (74) on awesome products. Plus, What's Happening to Women's Faces? (76) Come Back From an Ugly Cry (80), and Take a Beauty Breather (82). Nikki Glaser writes a "Love Letter to My Labia" (84).

## BODY

Kick-Start Your Best Year Ever! (87) with Jillian Michaels. Cook up a delish dinner from Food Buzz (94), but read Body News (98) before your next culinary sexcapade. Get off the bench with How to Stay in the Game (100). Then read "I Had Cancer...and It Changed Everything" (104).

## in every issue

8	27 Things to Do This Month
12	Cosmotivation
14	From the Editor
18	In Her Own Words
176	Horoscope
178	Bitch It Out!/Shopping Information
180	Cosmo Quiz: How Adventurous Are You?



MAC  
VIVA GLAM

EVERY CENT FROM  
THE SELLING PRICE OF VIVA GLAM  
LIPSTICK AND LIPGLASS GOES TOWARD  
HELPING WOMEN, MEN AND CHILDREN  
LIVING WITH AND AFFECTED BY HIV/AIDS.  
[MACCOSMETICS.COM/VG](http://MACCOSMETICS.COM/VG)

AVAILABLE JANUARY 19 ONLINE, JANUARY 21 US STORES.

# CONTENTS



ENTER FOR A CHANCE TO WIN!

A PRIVATE SCREENING OF *MY BIG FAT GREEK WEDDING 2* FOR 50 PEOPLE AT YOUR HOMETOWN THEATER. PLUS, WE'RE GIVING AWAY 25 PAIRS OF FANDANGO MOVIE TICKETS! GO TO [COSMOPOLITAN.COM/GREEKMOVIE](http://COSMOPOLITAN.COM/GREEKMOVIE). SEE PAGE 179 FOR DETAILS.



## LOVE LUST

Have dating apps ended the meet-cute? Find out in "Please Don't Ask Us How We Met" (122). Read his mind in Ask Him Anything (126). Then check out "Moved in With My Boyfriend's Parents..." (128). Get textpert advice in Manthropology (130) and sexpert advice in Sex Q&A (124).

## WORK & MONEY

Love College? Stay There! (164) Plus, exactly how to get your #MoneyGoals (166).

## LIVE IT UP!

Indulge in this routine on your next night in: Wine. Cheese. Repeat. (171) And learn How to Make a Sexy Bed (174)—then get between those sheets.

## GET JULIANNE'S HOT LOOK



Bodysuit, Fleur du Mal. Jewelry, H. Stern. Ring (left ring finger), Julianne's own. To get Julianne's look, try Soleil Tan de Chanel Bronzing Makeup Base, Illusion d'Ombre Long Wear Luminous Eyeshadow in Mirage, Le Volume de Chanel Mascara in Noir, Rouge Coco Ultra Hydrating Lip Colour in Légende, and Le Vernis Nail Colour in Ballerina, all by Chanel. Hair: Mark Townsend for Dove Hair Care. Makeup: Beau Nelson using Lancôme. Manicure: April Foreman at The Wall Group. Production: First Shot Productions. Fashion Director: Aya Kanai. Photographed by Matt Jones.

THE MODELS PHOTOGRAPHED IN COSMOPOLITAN ARE USED FOR ILLUSTRATIVE PURPOSES ONLY; COSMOPOLITAN DOES NOT SUGGEST THAT THE MODELS ACTUALLY ENGAGE IN THE CONDUCT DISCUSSED IN THE STORIES THEY ILLUSTRATE.

# LOVE STORY Chloé



1

**STOP AND SMELL THE ROSÉ** Put the house rules on display with a framed print from the Betches (\$35 for 8" x 8", shop [betches.com](http://betches.com)).

**2. SMOKE OUT** your eye-shadow game with Maybelline New York's The Rock Nudes Palette (\$12, drugstores).



**3. START** a convo with Jessica Simpson's sweet conversation-heart-printed pumps (\$89, [jessicasimpson.com](http://jessicasimpson.com)).

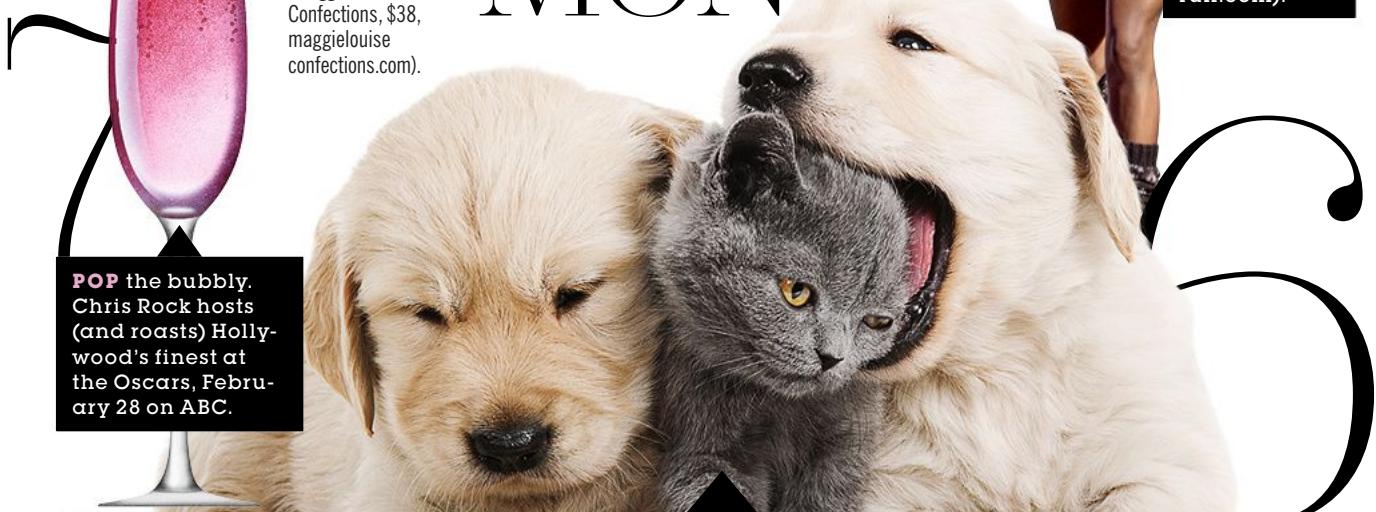
**ON WINESDAY WE DRINK PINK**



**9. PRETTIFY** your next tea party with the Fleur de Geisha blend from Palais des Thés (\$21, [us.palaisdesthes.com](http://us.palaisdesthes.com)).



**8. SKIP** the Whitman's Sampler for a luxe box of choco-charms (Maggie Louise Confections, \$38, [maggielouiseconfections.com](http://maggielouiseconfections.com)).



**POP** the bubbly. Chris Rock hosts (and roasts) Hollywood's finest at the Oscars, February 28 on ABC.

**CATCH** the Puppy Bowl (Animal Planet) and Kitten Bowl (Hallmark Channel) Feb. 7. Let's get ready to cuddle!

27  
THINGS  
TO DO  
THIS  
MONTH

**4. BOOKEND** your skin routine with Clarins' new Multi-Active Jour (a.m.) and Nuit (p.m.) creams (\$53 and \$56, [clarins.com](http://clarins.com)).



**5. STRIP DOWN** Cupid's Undie Run on V Day weekend raises cash for the Children's Tumor Foundation ([cupidsundierun.com](http://cupidsundierun.com)).

# HOW FAR WILL YOU TAKE IT.



## THE ALL-NEW RAV4 HYBRID

With spacious cargo capacity\* and standard All-Wheel Drive with intelligence (AWD-i).

Prototype shown with options. Production model may vary. \*Cargo and load capacity limited by weight and distribution. ©2015 Toyota Motor Sales, U.S.A., Inc.



Let's  
Go  
Places



**GET** that Valencia filter look, always, with Laura Mercier's Candleglow Soft Luminous Foundation (\$48, Sephora).

► **11. GUSH** over one legendary actor (De Niro) and one legendary set of abs (Efron) in *Dirty Grandpa* (Jan. 22).

► **12. BE DAZZLED** The stars (Clooney, Johansson, Tatum) shine bright in the throw-back Hollywood comedy *Hail, Caesar!* (Feb. 5).

► **13. FEEL THE RUSH** as Olympic track trailblazer Jesse Owens flies by in the biopic *Race* (Feb. 19).

► **14. STREAM** the year's greatest hits before finding out who strikes Grammy gold (Feb. 15, CBS).

► **15. KEEP** the trash talk going, the snacks coming, and the beer flowing: Super Bowl 50 is Feb. 7 (CBS).

► **16. REUNITE** with your BFF spirit animals: *Broad City* returns for season three on Feb. 17 (Comedy Central).

► **17. STAY IN** with the *Girls*, who are gloriously messier than ever in the season five premiere (Feb. 21, HBO).

► **18. KEEP IT REAL** with a former *Daily Show* fave on new talk show *Full Frontal With Samantha Bee* (Feb. 8, TBS).

► **19. LIVE** fashionably ever after: The Museum at FIT's Fairy Tale Fashion exhibit puts a couture spin on beloved characters' wardrobes (fitnyc.edu).



► **20. BRAVE THE COLD** like a boss in a Moose Knuckles parka, equal parts sexy and snuggly (mooseknuckles.ca.com).



► **22. REVAMP** your tee game with Ashley Tisdale's new line for Signorelli (\$39, shopsignorelli.com).



► **23. SHOP** for your heart's sake. Macy's Go Red line benefits the American Heart Association (Calvin Klein, \$134, macy's.com).



► **27. FLASH** a Blue Steel. Derek and Hansel expand their ridiculously good-looking posse in *Zoolander 2* (Feb. 12).

21

## BRENDON URIE

The Panic! at the Disco frontman talks about their latest effort, *Death of a Bachelor*, out January 15.

**ON THE TITLE TRACK:** "I was just trying to write a Sinatra song. I look up to that dude. He was the ultimate ladies' man. And he was a phenomenal singer. I'm always running back to Sinatra. He's like comfort food for music."

**ON ENDING BACHELORHOOD:** "If you're trying to get your dude to settle down, I'd say don't keep bringing it up. You've got to be more clever than that. If you force it, it ends up being this convoluted shit that may or may not last."

**FAVE FEMALE SINGERS:** "There are so many. When Panic! first started, I was really into Imogen Heap. There are divas like Mariah Carey, Madonna, Céline Dion. Newer artists—Halsey is great. I love Florence Welch's yell."

**PERFECT #FUCKYEAHFRIDAY:** "You jump on a Harley that rides into the sky and you never come down and party forever. No, honestly, I rarely have time to go out, so when I can hang with friends at a bar or club, it's a fucking fun time."



25

**SIA** The "Chandelier" chanteuse kills it on tunes she originally penned for other pop icons in *This Is Acting*.



26

**CHARLIE PUTH** Selena Gomez and Meghan Trainor guest on the PDA-inspiring *Nine Track Mind*.

# URBAN DECAY

ud | GWEN  
STEFANI  
COLLECTION

THE PERFECT  
LIPSTICK COLLECTION

*LOADED WITH ALL OF HER  
DREAM-COME-TRUE SHADES*

Available at Sephora, Ulta Beauty,  
select Macy's stores, [nordstrom.com](http://nordstrom.com),  
Urban Decay Fashion Island  
[and urbandecay.com](http://urbandecay.com)



LIPSTICKS • LIP PENCILS • EYESHADOW PALETTE • BLUSH AND HIGHLIGHT PALETTE • BROW KIT

@RaquelCain

@DiandraGigi TY for your #LoveYourCurls story! I almost didn't become an actress bec I saw no girls like me. So I decided to be that girl.



# Cosmotivation

## COSMO CONVO

Thank you so much for writing an article about single-shaming. Around here, everyone's married with kids by the time they're 22. But I'm still single and completely happy with my life.

—STARLA HELMER, 26, FARGO, ND

All I have to say is yasss to "Stop Single-Shaming Me!" As a single 20something, I'm often looked at like I have the plague for not having an S.O. I'm tired of friends not including me in outings because I'm alone. I love my life! I can focus on my career and growth...and drop it all at a moment's notice to jet off to a tropical oasis.

—JILL MCBARRON, 24, OXNARD, CA

This article perfectly depicts the annoyance felt when you're single-shamed. No, I don't want to date your brother's best friend's cousin's old classmate who is currently available. Did it ever occur to you that being single lets you have the time of your life?

—MELANIE SICAT, 29, JERSEY CITY, NJ



@SAMANTHANN92

6 YEARS DOWN,  
A LIFETIME TO GO.

@COSMOPOLITAN

#MYCOSMO

#COSMOCAT

Who says you can't build the perfect man? Meet Christian Fletcher, our 2015 spine guy. Now start stacking up Mr. 2016.

@LINDSAYRIDER

**@LauraBrounstein wrote a killer article on @ShondaRhimes. So I promptly bought Year of Yes. 7 chapters in &**

@LAURENKRAGLAND

WHEN @COSMOPOLITAN FEATURES STAR WARS FINDS UNDER \$50



@ViolaChristina21

♥♥♥ #MyCosmo @Cosmopolitan Latest issue. ♥♥♥



SHOW US YOUR COSMO

How does Cosmo fit into your life? Instagram or tweet your photo to @Cosmopolitan and include #MyCosmo. If we feature you in the mag, we'll give you \$50!



Want a chance to win \$5,000?

Take our super-quick online survey and boom—you'll automatically be entered for a chance to win \$5,000. Visit FebruarySurvey.Cosmopolitan.com to start.

SPINE GUY: TROY PHILLIPS/GETTY IMAGES. INSTAGRAMS, COURTESY USERS. TWEETS: INSTAGRAMS, COURTESY USERS. E-MAILS: FROM PEOPLE PRETENDING TO BE FROM COSMOPOLITAN AND REQUESTING PERSONAL INFO. THESE E-MAILS ARE A SCAM—YOU MAY WANT TO REPORT THEM TO LOCAL LAW ENFORCEMENT. THE CONTENT OF ALL SUBMISSIONS (INCLUDING LETTERS AND PHOTOGRAPHS) SHOULD BE ORIGINAL AND BECOMES PROPERTY OF COSMOPOLITAN, WHICH RESERVES THE RIGHT TO REPUBLISH AND EDIT ALL CORRESPONDENCE RECEIVED. BY MAKING A SUBMISSION, YOU GUARANTEE THAT YOU POSSESS ALL NECESSARY RIGHTS TO GRANT THE MATERIAL TO COSMOPOLITAN.

# FRUCTIS S T Y L E SHEER SET



# Breathable 48hr hold

NOW GET UNSTOPPABLE STYLE

Micro-mist formula sprays on for an invisible, touchable finish.  
Lasting hold keeps your look going strong.

Get 24/7 style @ garnierstyle.com

GARNIER

# FROM THE EDITOR



Current power color: Chanel's Le Vernis Longwear Nail Colour in Camélia is glossy, long-lasting, and chic as hell (\$28, chanel.com).



**HELLO, LADIES** Instagram's Eva Chen (left) and Cosmo's executive fashion director, Aya Kanai (far right), sandwich fashion designer Rebecca Minkoff—the coolest of threesomes.



**JOB GOALS** Microsoft's chief experience officer, Julie Larson-Green (above), is one of the company's most senior executives...and the most generous. She sent everyone home with the brand-new Microsoft Surface Pro 4 (right, microsoftstore.com).



ONCE A YEAR, COSMO THROWS A LUNCH FOR THE 100 COOLEST CHICKS WE KNOW. EDITOR @JOANNACOLES TAKES YOU INSIDE.

# This Happened

sweet

My latest convo starter: Have you checked out Sweet on Snapchat's Discover? It's my secret weapon for knowing all that's cool rn. Love having it as a part of my daily social diet along with a generous portion of Cosmo, natch.



**JUST DUET** Partners in red lipstick (and perfect teeth!). Cosmo's entertainment boss, Dana Stern Schwartz (left), and fab "Fight Song" singer Rachel Platten.

**STAND TOGETHER** Planned Parenthood's Cecile Richards (right, with The Cut's Stella Bugbee) stirred the crowd with her moving account from the front lines of fighting for our reproductive rights.





AVAILABLE AT CLARINS.COM

NEW

## Multi-Active Day & Night Creams

A power-packed duo to get—and keep—smooth, radiant skin.

# You never stop. (*Why should your skincare?*)

Your life is a master-class in multi-tasking, and your skincare routine should work as hard—and as effectively—as you do. Enter the Multi-Active moisturizing duo, packed with teasel plant extract that delivers a targeted revitalizing and antioxidant action. It's designed for gorgeous results: a double dose of nature and science that reduces the appearance of stress and aging, all while reviving tired skin. Shouldn't your skincare products be as brilliant and hard-working as you? With Multi-Active, the answer is *oui*.

**It's a fact. With Clarins life is more beautiful.**

Organic teasel extract  
with powerful antioxidants.



It's all about you.

# CLARINS

# COSMOPOLITAN

Editor-in-Chief

**JOANNA COLES**

EXECUTIVE EDITOR Leslie Yazel

CREATIVE DIRECTOR Theresa Griggs

EXECUTIVE MANAGING EDITOR John Dioso

EXECUTIVE FASHION DIRECTOR Aya Kanai

EXECUTIVE BEAUTY DIRECTOR Leah Wyar

EXECUTIVE PHOTOGRAPHY DIRECTOR

Alix B. Campbell

SENIOR DEPUTY EDITOR Sara Austin

EXECUTIVE ENTERTAINMENT DIRECTOR

Dana Stern Schwartz

DIRECTOR OF STRATEGY AND COMMUNICATIONS

Holly Whidden

DEPUTY EDITOR, FEATURES AND BRAND EXTENSIONS

Marina Khidekel

DEPUTY EDITOR Katie L. Connor

SPECIAL PROJECTS DIRECTOR Laura Brounstein

DESIGN DIRECTOR Susannah Haesche

## FEATURES

DEPUTY MANAGING EDITOR M. Ryan Purdy

SENIOR EDITORS Danielle McNally, Julie Vadnal

MUSIC AND ENTERTAINMENT EDITOR Sergio Kletnoy

SENIOR ASSOCIATE EDITOR Emily C. Johnson

ASSOCIATE EDITOR Judith Ohikure

ASSISTANT EDITOR Rachel Moseley

ASSISTANT BRAND COORDINATOR Diandra Barnwell

EDITORIAL ASSISTANTS Danielle Kam, Helen Zook

EDITORIAL BUSINESS COORDINATOR Caryn Kanare

EXECUTIVE ASSISTANT TO EDITOR-IN-CHIEF

Heather Passaro

BOOKS EDITOR-AT-LARGE Camille Perri

CONTRIBUTORS Anna Breslaw; Mika Brzezinski;

Matthew Hussey; Logan Hill; Ian Kerner, PhD;

Abigail Pesta; Alexa von Tobel; Aurora Tower

HEALTH ADVISORY BOARD Jennifer Ashton, MD;

Mitchell Creinin, MD; Hannah Davis, CSCS; David J.

Leffell, MD; Stephanie Middleberg, RD; Holly Phillips,

MD; Marisa Weiss, MD; Jennifer Wider, MD

## FASHION

FASHION MARKET DIRECTOR Sarah Conly

SENIOR MARKET EDITORS Abby Kalicka, Tiffany Reid

SENIOR ACCESSORIES EDITOR Kathy Lee

BOOKINGS DIRECTOR Steven Brown

SENIOR FASHION EDITOR James Worthington DeMolet

ACCESSORIES EDITOR Nicole Fineo

FASHION EDITORS Aeyung Kim, Adam Mansuroglu

ASSISTANT FASHION EDITOR Alysia De Maio

FASHION ASSISTANTS Shalaeya Brown,

Linda Quinones, Jenna Wojciechowski

BOOKINGS ASSISTANT Sean McIntyre

## BEAUTY

DEPUTY BEAUTY EDITOR Jessica Matlin

SENIOR BEAUTY EDITOR Loni Venti

ASSOCIATE BEAUTY EDITOR Lauren Balsamo

BEAUTY ASSISTANT Erin Stovall

## ART

ART DIRECTORS Jose Fernandez, Danielle Jones

DEPUTY ART DIRECTOR Betsy Halsey

DESIGNER Elizabeth Howell

DIGITAL-IMAGING SPECIALIST Ralph Ruggiero

## PHOTO

PHOTOGRAPHY DIRECTOR Fabienne Le Roux

DEPUTY PHOTO EDITOR Kristin Giometta

SENIOR PHOTO EDITOR Allie Kircher

PHOTO PRODUCTION COORDINATOR Naomi Nishi

PHOTO ASSISTANT Sarah Eckinger

## COPY AND RESEARCH

COPY DIRECTOR Ann Bacon Wright

RESEARCH DIRECTOR

Chris Moore

DEPUTY COPY CHIEF

Ester Brooke Friedman

SENIOR RESEARCH EDITOR

Lauren Dzubow

COPY EDITOR Carlee Schepeler

## FREELANCE CONTRIBUTORS

Jenna Andrews (Photo), Deirdre Galvin (Photo),  
Kristen Male (Art)

## PUBLIC RELATIONS

PUBLIC RELATIONS MANAGER Lauren Demitry

## COSMOPOLITAN.COM

EDITOR Amy Odell

EXECUTIVE FEATURES EDITOR Lori Fradkin

ENTERTAINMENT EDITOR Patti Greco

EXECUTIVE LIFESTYLE EDITOR Helin Jung

MANAGING EDITOR Alexandra Martell

SENIOR SEX AND RELATIONSHIPS EDITOR Emma Barker

SEX AND RELATIONSHIPS EDITOR Lane Moore

SOCIAL DIRECTOR Elisa Benson

DESIGN DIRECTOR Emily Addis

SENIOR BEAUTY EDITOR Carly Cardellino

SENIOR STYLE EDITOR Charles Manning

SENIOR WRITER Prachi Gupta

FITNESS AND HEALTH EDITOR Elizabeth Narins

WEB EDITOR, COSMO FOR LATINAS Alanna Nuñez

POP-CULTURE EDITOR Alex Rees

ASSOCIATE ENTERTAINMENT EDITOR Eliza Thompson

SENIOR PHOTO EDITOR Kathleen Kamphausen

SENIOR EDITOR, COSMOPOLITAN SNAPCHAT DISCOVER

Madelene Haller

ASSISTANT SOCIAL-MEDIA EDITOR Caitlin Scott

GRAPHIC DESIGNER Lauren Ahn

COPY EDITOR Heeseung Kim

ASSOCIATE EDITOR Tess Koman

ASSOCIATE BEAUTY EDITOR Brooke Shunatona

EDITORIAL ASSISTANT Danielle Tullo

## INTERNATIONAL EDITIONS

SVP/Editorial Director **Kim St. Clair Bodden** Executive Director/Editorial

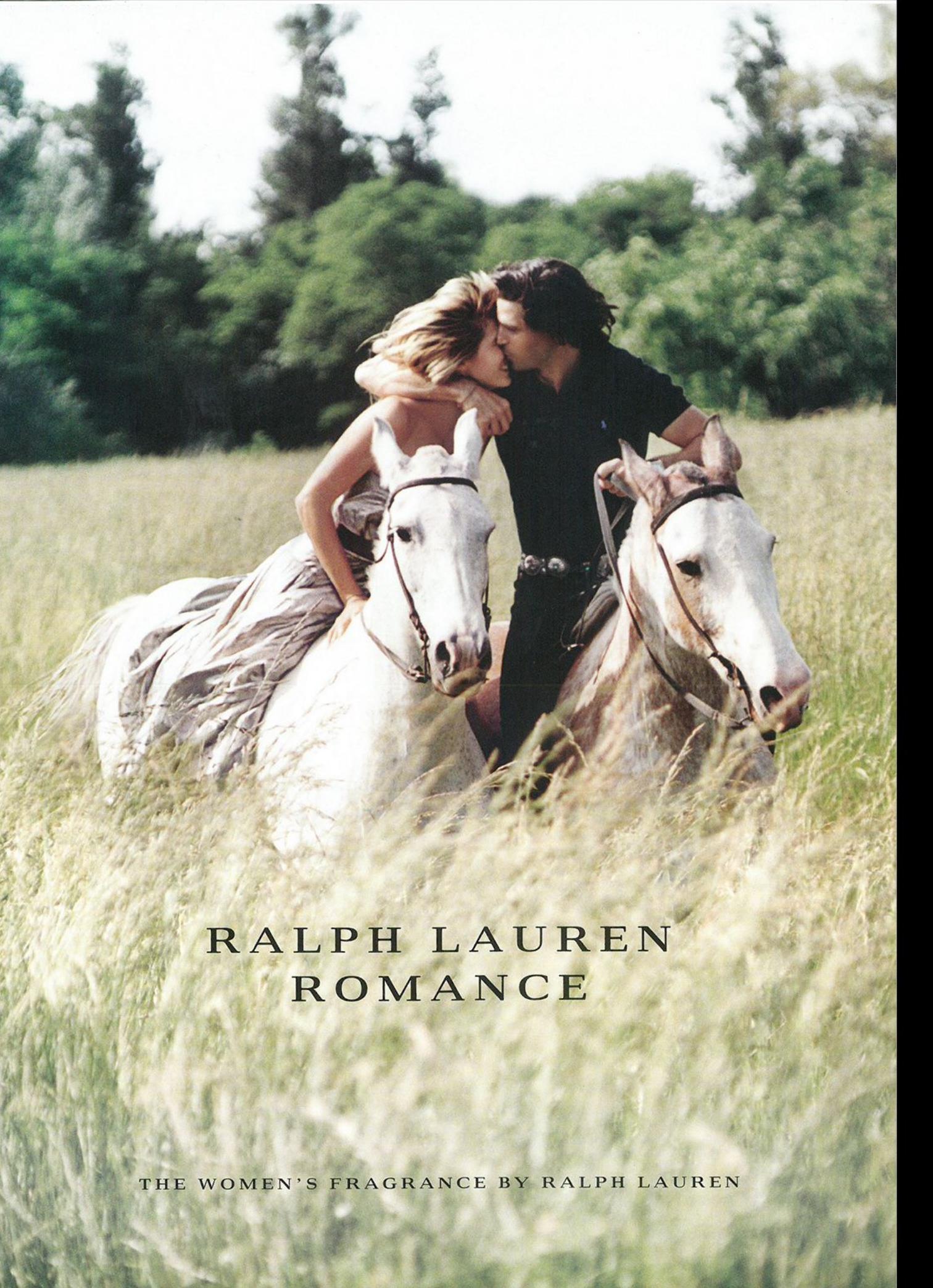
**Astrid O. Bertoncini** Executive Creative Director/International Branding

**Peter Yates** Fashion/Entertainment Director **Kristen Ingersoll** Content

Network Director **Shelley Meeks** International Editions Editor **Jacquelyn Galley** Associates **Jessie Ajluni**, **Liz Anagnos**, **Rosa Bordallo**, **Quincy Day**, **Jacqueline M. Mancuso**, **Olga Muzician**, **Fah Sakharet**, **Laura Santos** Editor, Argentina **María José Grillo** Editor, Armenia **Harachui Utzmayan** Editor, Australia **Bronwyn McCahon** Editor, Azerbaijan **Aygun Mustafayeva** Editor, Brazil **Juliana De Mari** Editor, Britain **Farrah Storr** Editor, Bulgaria **Detelina Stamenova** Editor, Chile **Ignacia Uribe** Editor, China **Yvonne Liu** Editor, Croatia **Marjana Filipovic-Grcic** Editor, Cyprus **Stalo Papanastasiou** Editor, Czech Republic **Sabrina Karasova** Editor, Estonia **Kelly Kipper** Editor, Finland **Stina Mantyniemi** Editor, France **Sylvie Oremoy** Editor, Germany **Anja Delastik** Editor, Greece **Lydia Papaioannou** Editor, Hong Kong **Ruuiyah Law Kam Ying** Editor, Hungary **Johanna Sabján** Editor, India **Nandini Bhalla** Editor, Indonesia **Fira Basu** Editor, Italy **Francesca Delogu** Editor, Kazakhstan **Aziza Yesmagambetova** Editor, Korea **Hyun Joo Kim** Editor, Latin America **Ana Victoria Taché** Editor, Latvia **Gundega Bicevska** Editor, Lithuania **Violeta Kalikauskiene** Editor, Malaysia Editor, Mexico Editor, Middle East **Brooke Sever** Editor, Mongolia Editor, Netherlands **Anne Marie de Vries** Lentsch Editor, Philippines **Myzza Sison** Editor, Poland **Hanna Wolska** Editor, Portugal **Sandra Mauricio** Editor, Romania **Diana Colcer** Editor, Russia **Polina Sokhranova** Editor, Serbia **Nasja Veljkovic** Editor, Slovenia **Manca Campa Pavlin** Editor, South Africa **Cathy Lund** Editor, Spain **Ana Ureña** Editor, Thailand **Pimシリ Jaiya** Editor, Turkey **Ozlem Kotan** Editor, Ukraine **Anna Bazdrea** Editor, Vietnam **Nguyen Thi Dieu Minh**

**Giorgio Armani**  
**Beauty Rouge**  
d'Armani Lipstick in  
300, \$37, [giorgioarmanibeauty-usa.com](http://giorgioarmanibeauty-usa.com)





RALPH LAUREN  
ROMANCE

THE WOMEN'S FRAGRANCE BY RALPH LAUREN



ROMANCE

LIFT HERE ►

# RALPH LAUREN ROMANCE



MIDNIGHT  
ROMANCE

LIFT HERE ►

THE FRAGRANCE COLLECTION FOR WOMEN

ULTA & ULTA.COM

# COSMOPOLITAN



SVP/Publishing Director,  
Chief Revenue Officer

## DONNA KALAJIAN LAGANI

ASSOCIATE PUBLISHER/ADVERTISING

**Peter Medwid**

ASSOCIATE PUBLISHER/MARKETING

**Jo Bray**

ADVERTISING DIRECTOR **Karen Deutsch**

EXECUTIVE FINANCIAL DIRECTOR

**Peter Schmidt**

EXECUTIVE SALES DIRECTOR

**Melissa Guy**

### INTEGRATED ADVERTISING SALES

EASTERN DIRECTOR

**Mary Donahue Quinlan**

EXECUTIVE BEAUTY DIRECTORS

**Michele Nevitt, Judy Sage**

EXECUTIVE FASHION DIRECTOR

**Melissa Post**

ACCOUNT MANAGERS **Nicole Barrese, Michele Forman, Nicole Nannariello,**

**Amy Lazar Pollack**

DIRECT RESPONSE ACCOUNT MANAGER

**Dawn Franco**

DIRECTOR OF MARKETING STRATEGY

**Vicki Dreyer-Fischer**

POSITIONING AND MAKEUP DIRECTOR

**Melissa Gart**

MIDWEST DIRECTOR **Alissa French; 312-984-5113**

MIDWEST ACCOUNT MANAGER

**Whitney Geller**

LOS ANGELES DIRECTOR

**Connie Macedo; 310-664-2810**

SAN FRANCISCO DIRECTOR **Jee Ahn; 310-664-2986**

DALLAS REPRESENTATIVE

**Gina Carpio, Wisdom Media LLC; 214-526-3800**

DETROIT REPRESENTATIVE

**Colleen Maiorana, Maiorana + Partners; 248-546-2222**

EXECUTIVE ASSISTANT TO THE

PUBLISHING DIRECTOR

**Lynn Goldstein-Garguilo**

BUSINESS COORDINATOR **Blair Stout**

ASSISTANTS **Grace Dooley, Shannon Gruda, Aidan Macaluso, Sophia Orlander, Gianna Saviano**

RESEARCH MANAGER **Emma Chapman**

CBS COORDINATOR **Bianca Hernandez**

### INTEGRATED MARKETING AND PROMOTION

EXECUTIVE DIRECTOR, INTEGRATED MARKETING AND PROMOTION

**Amy V. Laine**

SPECIAL PROJECTS DIRECTOR **Kim Grant**

DIRECTORS, INTEGRATED MARKETING

**Kaitlin Morse Creedon, Victoria Joyce**

CREATIVE DIRECTOR, INTEGRATED

MARKETING **Frauke de Goede Ebinger**

ASSOCIATE ART DIRECTOR

**Karla Saldaña**

ASSOCIATE DIRECTORS, INTEGRATED

MARKETING **Ariel Kaye, Morgan Thompson**

SENIOR MANAGERS, INTEGRATED

MARKETING **Meaghan Marks, Meredith Zippo**

MANAGER, INTEGRATED MARKETING

**Liznelia Peña-Marmol**

ASSOCIATE SPECIAL PROJECTS MANAGER

**Jennifer Snyder**

ASSOCIATE PROMOTION MANAGER

**Emma Tushman**

PROMOTION COORDINATOR **Callie Reese**

### HEARST COSMOPOLITAN.COM SALES TEAM

SVP, CHIEF REVENUE OFFICER

**Todd Haskell**

EXECUTIVE DIRECTOR, SALES AND

MARKETING **Tara Schmitt**

DIGITAL SALES MANAGERS

**Nicole Abbondandolo, Katharine Gray, Jacqueline Shear**

SENIOR MARKETING MANAGERS

**Allison Matthews, Corinne Tisei**

ASSOCIATE DIRECTOR, CONTENT

STRATEGY **Hannah Zisman**

### COSMOPOLITAN MILLENNIAL ADVISORY BOARD

CHAIR **Lindsey Pollak**

BOARD **Christine Hassler, Nadira Hira, Chelsea Krost, Maria Ramirez, Joan Snyder Kuhl**

### PRODUCTION

GROUP PRODUCTION DIRECTOR

**Chuck Lodata**

ROUP PRODUCTION MANAGER

**Juliette Ciaccia**

PREMEDIA MANAGER

**Deidra J. Robinson**

### CIRCULATION

GROUP CONSUMER MARKETING

DIRECTOR **Heather Plant**

### INTERNATIONAL

PRESIDENT AND CHIEF EXECUTIVE OFFICER **Duncan Edwards**

SVP, DIRECTOR OF LICENSING AND

DEVELOPMENT **Guatam Ranji**

SENIOR VICE PRESIDENT/PUBLISHING DIRECTOR **Jeannette Chang**

### PUBLISHED BY HEARST COMMUNICATIONS, INC.

PRESIDENT & CHIEF EXECUTIVE OFFICER

**Steven R. Swartz**

CHAIRMAN **William R. Hearst III**

EXECUTIVE VICE CHAIRMAN

**Frank A. Bennack, Jr.**

### HEARST MAGAZINES DIVISION

PRESIDENT **David Carey**

PRESIDENT, MARKETING AND

PUBLISHING DIRECTOR

**Michael Clinton**

EDITORIAL DIRECTOR **Ellen Levine**

PUBLISHING CONSULTANTS **Gilbert C. Maurer, Mark F. Miller**

PRINTED IN THE U.S.A. FOR SUBSCRIPTION-RELATED INQUIRIES, INCLUDING ADDRESS CHANGES, LOG ON TO SERVICE.COSMOPOLITAN.COM OR WRITE TO COSMOPOLITAN, P.O. BOX 6000, HARLAN, IA 51593. FOR NEW SUBSCRIPTIONS, LOG ON TO SUBSCRIBE.COSMOPOLITAN.COM. PUBLISHED AT 300 WEST 57TH STREET, NEW YORK, NY 10019. COSMOPOLITAN.COM. FOR ADVERTISING-RELATED INQUIRIES, LOG ON TO COSMOMEDIADKIT.COM OR CALL 212-649-3303.



XOXO

IN HER OWN WORDS

# Julianne Alexandra Hough

Nickname:

Jules, Ju Ju,  
Jaybird

The weirdest thing in  
my freezer:

Frozen organic  
Dog Food—they  
eat better  
than I do!



My ideal Valentine's  
Day involves:

1. Brooks
2. Cooking in  
nothing but  
lingerie
- 3....you  
know  
the  
rest!



RELATIONSHIP  
GOALS.

How I would describe  
some of my costars  
in one word:



Most-used  
emoji:



THE PANDA IS  
FOR HER  
DOG HARLEY  
AND THE  
PUP FOR HER  
DOG LEXI.



If I were a Disney  
princess, I would  
probably be:

Ariel—  
For sure!

Because:

I really  
want  
to be a  
redhead.

Hey guys,  
Keep being the  
amazing and  
beautiful people  
you are!  
Dream Big +  
Stay Kind

Jules

TOP, Love Haus. SHORTS, 3x1. BELT,  
Diesel Black Gold. JEWELRY, EF  
Collection. RING (left ring finger),  
Julianne's own

PHOTOGRAPHED BY MATT JONES. FASHION DIRECTOR: AYA KANAI. HAIR: MARK TOWNSEND FOR DOVE  
HAR CARE. MAKEUP: BEAU NELSON USING LANCÔME. MANICURE: APRIL FOPPEN AT THE WALL  
GROUP. PRODUCTION: FIRST SHOT PRODUCTIONS. SEE PAGE 178 FOR SHOPPING INFORMATION.

# NEXXUS®

NEW YORK SALON CARE



NEXXUS.COM



DISCOVER **THE POWER OF PROTEINS**  
AND INTENSE HAIR HYDRATION

**THERAPPE & HUMECTRESS**  
ULTIMATE MOISTURE SYSTEM  
Custom Crafted for Normal to Dry Hair

Protein, the building block of hair, is lost with every wash, blow dry and chemical treatment. Only Nexxus is uniquely formulated with pure Elastin protein, Protein Care Actives and Caviar Complex to replenish hair deep within. Hair is left deeply moisturized so it moves beautifully.

FOR HAIR THAT LIVES TO MOVE

# CONFessions

EDITED BY  
MARINA KHIDEKEL

YOU REVEAL  
YOUR MOST  
EMBARRASSING,  
RIDICULOUS,  
WHAT-WAS-I-  
THINKING  
MOMENTS.

1

“I had a wig made for my birthday. My friends were filming me, and as I tilted back my head, the wig fell off. I had this ugly bald cap on. Everyone saw.”

—ONAEDO A., 23, DENTAL STUDENT, LAGOS, NIGERIA



PHOTOGRAPHED BY AARON RICHTER, REPORTED BY EMILY C. JOHNSON  
LOCATIONS COURTESY THE BUSHWICK COLLECTIVE

GUY CONFESSION

**2 "IF I HAD TO PICK BETWEEN MY GF AND BURRITOS, I'D PICK BURRITOS. I LOVE THEM MORE."**

—A.J. B., 20



3

"I TRIED TO MAKE A SEVEN-LAYER BAR. WHAT I WOUND UP WITH WAS JUST SEVEN LAYERS OF BUTTER. NONE OF MY FRIENDS COULD EVEN STOMACH TRYING IT."

—CLAUDIA G., 19, STUDENT, WESTERLY, RI

WALL ART: ONADEO/JOE IURATO AND LOGAN HICKS; CLAUDIA/ARTIST-JERKFACE.

"MY BF'S PARENTS CAME TO VISIT, AND I DIDN'T WEAR A BRA. IT TURNS OUT THAT WHEN I WAS SITTING DOWN, MY SHIRT GAPED SO YOU COULD SEE ONE OF MY BOOBS. HIS PARENTS HAD TO HAVE NOTICED."

—JAIME C., 23

5 GUY CONFESSION

"I'VE SENT FRIEND REQUESTS TO CRUSHES ON FACEBOOK BY ACCIDENT. I WAS STALKING THEM AND ACCIDENTALLY CLICKED 'ADD FRIEND.' EACH TIME, I'D HAVE A TOTAL MELTDOWN FROM EMBARRASSMENT."

—ANDREW F., 29, STYLIST, LOS ANGELES, CA

6

"I WAS LOOKING FOR SOMETHING CASUAL, SO I FILTERED ON TINDER TO FIND GUYS JUST VISITING. I FOUND A CUTE GUY FROM FRANCE. TURNS OUT, HE DOESN'T HAVE AN ACCENT AND HAD NO PLANS TO HEAD BACK TO FRANCE, AND WE ENDED UP DATING. SO MUCH FOR AVOIDING A SERIOUS RELATIONSHIP!"

—DO YOUNG L., 21, FASHION DESIGNER, ELLICOTT CITY, MD

GUY CONFESSION

7 "MY GF AND I WERE HOOKING UP IN THE LOCKER ROOM, AND THERE ARE STRICT RULES AGAINST THAT. WE WERE ABOUT TO GET CAUGHT, SO I RAN AWAY AND LEFT HER BEHIND. SHE WAS PISSED." —LEON T., 19



8

**"There's a really cute guy at my job. I was showing him pics on my phone...and he saw the screen-grabs of his Instas I'd taken!"**

—DEEDEE S., 25, ADVERTISING PROJECT MANAGER, ATLANTA, GA

10

**"I ACCIDENTALLY SEXTED MY DAD, TALKING ABOUT THE HOT STUFF I'D BEEN DOING WITH THE GUY I WAS SEEING. IT WAS HORRIFYING."** —OLIVIA P., 24



DON'T MISS NEXT MONTH'S CONFESSIONS, ON SALE FEBRUARY 9

11 CELEB CONFESSION



"I filmed a movie where I played the love interest of this guy, and after we'd wrapped, we ran into each other at a party. The guy brought his wife. I met her, and the first thing I said to her was 'It was so weird—on that movie, he and I had to kiss each other!' I have no idea why I said that, it just came out. They immediately said they had to go. We didn't even have a sex scene, and it hadn't been a big deal that he was married, but I felt like a butthole."

—TEYONAH PARRIS, CHI-RAQ, SURVIVOR'S REMORSE

12 "I sleepwalk, and I eat while I'm doing it. I constantly wake up covered in crumbs." —AMY H., 26

13 "While I was having sex with this new guy, I went to push him onto his back, but I did it with so much power that my body followed my arms, and I literally somersaulted over him and fell off the bed. Not so hot."

—ANGELICA W., 28

14 "I was at a party when I had the urge to vom. There was no bathroom, so I threw up into the cup I'd been drinking from. I found a soda cup lid, jammed it on, left it in the corner, and kept dancing. Party on!"

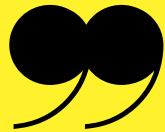
—KENDALL R., 27

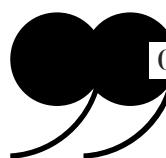
15 "I wore shape-wear under my dress for a night out. I went home with a guy, so I took it off, but it wouldn't fit in my clutch. I hid it in his bathroom to pick it up the next morning, but I forgot. He texted me a pic of him holding my Spanx and asked if it was mine. I wanted to die."

—DIANNE S., 25

16 "I listen to rap music before exams. One time, my phone started blasting a song—'If I ever said I fucked your bitch, just know I mean it'—in the middle of my final."

—OGOCHUKWU A., 23





CONFES

# Worst Dates Ever

"We were on the train heading back to my place, and he said he had to pee. There weren't any bathrooms, so he literally just peed in the corner of the train car. I died of embarrassment."

FATOUMA K., 22

"He told me he was going to take me to a romantic dinner but got totally wasted beforehand.

Before we even stepped foot in the restaurant, he demanded I drive him back to my place. I wound up all dressed up, sitting on my couch, eating cereal while my date snoozed away in my bed. Hot."

KIMBERLY C., 30

**"We made a plan to go fishing, but when I arrived to pick him up, all he'd decided to bring with him was two fishing poles—no bait! I ended up having to sit and watch him dig up worms."**

CHARITY K., 30

"While we were hooking up in his car, he got a phone call from his mom. He picked it up while I was on top of him!"

LANI F., 20

"I got up to use the restroom after finishing only about a quarter of my drink. When I got back, he'd finished the whole thing without asking. Rude!"

LAURA M., 24

"He brought his dad along on our date so his dad could 'check me out.' I never spoke to him again."

AMANDA W., 25

"On a date, he told me that he wanted to get me pregnant to trap me. I think it was his way of saying I'm a catch? Obviously, we were done."

NICOLE G., 27

**"After I brought him back to my apartment, he goes, 'I want a place like this, one that looks shitty on the outside but nice on the inside, so no one will want to break in.' Um, thanks?"**

JESSICA L., 20

## DOUCHE-O-METER



JUST CLUELESS

UM, NO

CHECK, PLEASE

SO OFFENSIVE

EPIC FAIL

LITERALLY DERANGED

# The moment was perfect.



But your plan for birth control wasn't.

- Chosen by millions of women,<sup>2</sup> Plan B One-Step® helps prevent pregnancy when used within 72 hours (3 days) after unprotected sex or birth control failure. The sooner you take it, the better it works
- It is generally safe and effective when used as directed
- Plan B One-Step® contains levonorgestrel, the same hormone used in many birth control pills for several decades, just at a higher dose. It's a backup plan and should not be used as regular birth control because it is not as effective
- Find it in the feminine care aisle at many stores. There is no prescription or ID required, and there is no age restriction

Learn more and get a coupon for up to \$10 @ [PlanBOneStep.com](http://PlanBOneStep.com)



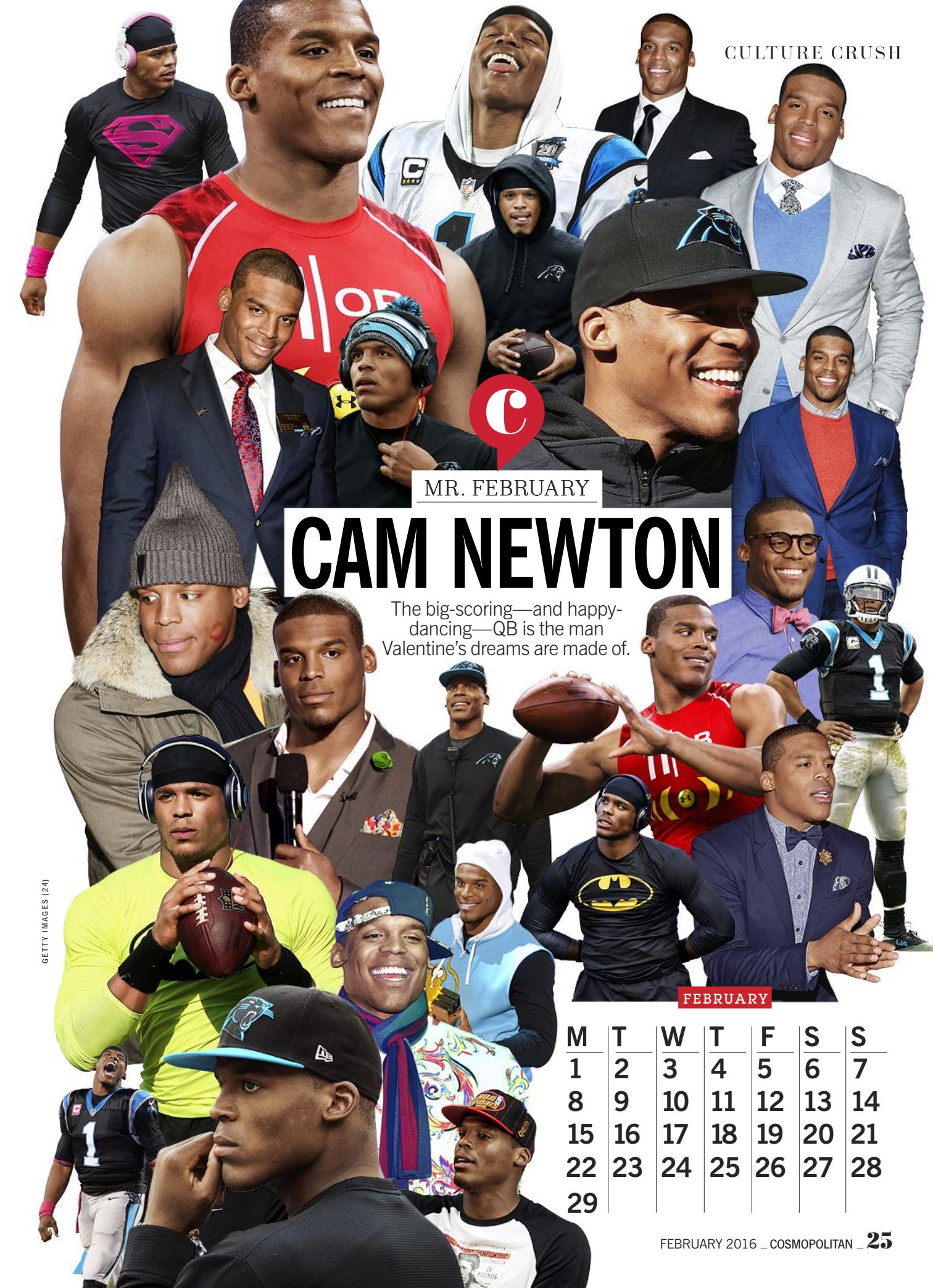
Use as directed.  
For use by women only.

For the perfectly imperfect.

\*Survey of 1000 OB/GYNs, February 2015.

References: 1. Data on file. Market Research, February 2015. Teva Women's Health, Inc. 2. FDA drug use review, December 2011. <http://www.fda.gov/downloads/AdvisoryCommittees/CommitteesMeetingMaterials/PediatricAdvisoryCommittee/UCM288778.pdf>. Accessed October 28, 2015.

Plan B One-Step® is a registered trademark of Women's Capital Corporation. ©2015 Teva Women's Health, Inc. PBO-40508 October 2015



CULTURE CRUSH

MR. FEBRUARY

# CAM NEWTON

The big-scoring—and happy-dancing—QB is the man Valentine's dreams are made of.

GETTY IMAGES (24)

FEBRUARY

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29						



YES, LET'S

# Talk Fashion on the Red Carpet

Does wanting to know who the stars are wearing make you shallow? **Ingela Ratledge** says nope.

**LIKE MOST OF US,** I have a lady crush on Amy Poehler. So when the comedian and her teen advocacy group, Smart Girls, got behind the #AskHerMore cause—a campaign that urges red-carpet reporters to pose questions that delve beyond the usual frock fodder—I was fully onboard. Come Emmy night, I watched the preshows, eager to see what would happen as Ryan Seacrest, Maria Menounos, and Co. went deep.

Happily, the new approach delivered plenty of thoughtful answers on topics ranging from charities to self-esteem. But the

retooled marching orders also yielded an unexpected result. The other stuff—hair! makeup! style!—got buried. With their 30 seconds of interview time rapidly dwindling, actresses rattled off who they were wearing almost like an afterthought—as if the weeks of agonizing over every last sequin with a squad of advisers had never taken place...that is, if they even mentioned their wardrobe at all.

PAYING ATTENTION TO HOW A STAR PUTS HERSELF TOGETHER DOESN'T MEAN WE RESPECT HER MIND ANY LESS.

Now, with a fresh crop of awards shows upon us, I've gotta wonder: Does being a fan of the glamour—and not wanting to see it take a backseat—make me a crummy feminist? According to Stacy London, host of TLC's *Love, Lust, or Run*, picking a lane between brains and beauty isn't necessary in 2016. "The idea that intelligent women don't care about looks is ridiculous. One doesn't follow the other," she says. "I saw Gloria Steinem speak recently about human

trafficking, and her hair was perfect. I wanted to ask, 'Who's your colorist?'"

Granted, Hollywood in particular places a supreme emphasis on outward appearance, and it's easy to understand why celebrities would be fatigued by the one-note ritual.

And yet, while dudes on the circuit are rarely dissected to the same degree as their female counterparts, let's be honest. It's not because they're regarded as scholars... their clothes just aren't as much fun. "What is there to say? 'Wow, you picked a navy tux'? Nobody cares," argues

London. "In fashion, men have always played a secondary role."

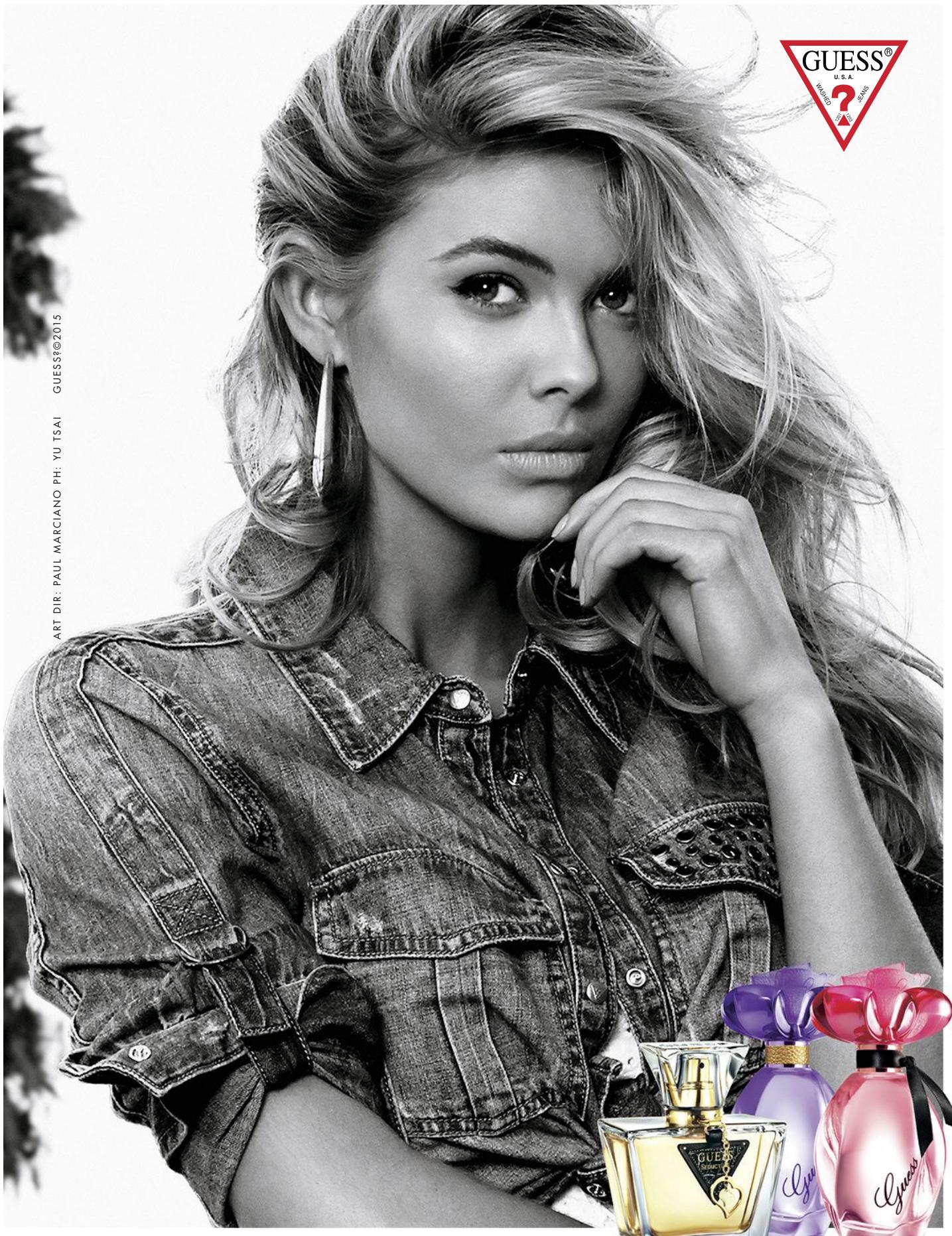
The point is, paying attention to how a star puts herself together doesn't mean we respect her mind any less. Part of embracing women in three dimensions is recognizing that not all those dimensions need to be lofty. So let's get greedy and start tuning into awards shows with the expectation that they can be a forum for stimulating conversation *and* pageantry for pageantry's sake. #AskHerMore? Absolutely! #AskHer Everything...even better. ■



SCHILLING: AXELLE/BAUER-GRiffin/FILMMAGIC. DAVIS: JASON LAVERIS/FILMMAGIC. VARGA: JOHN SHEARER/WIREIMAGE. HUNSON: DAN MACMANUS/WIREIMAGE. WASHINGTON: SANIAH HUSSAIN/WIREIMAGE. ROBERTS: ANISTON: STEVE GRANITZ/WIREIMAGE. WITHERSPOON: MARK CUTHBERT/UK PRESS VIA GETTY IMAGES. SWIFT: AND SEACREST: NC. WIREIMAGE.



ART DIR: PAUL MARCIANO PH: YU TSAI GUESS® 2015



ENTER THE SEDUCTIVE WORLD OF GUESS  
GUESS.COM/FRAGRANCES

GUESS



# Cosmo Reads

All the titles you need to know about for your next #Shelfie.



## DAILY DRESSING AFFIRMATIONS

BY GRACE HELBIG

WHEN THE STRUGGLE TO PULL YOUR LOOK TOGETHER IS SO REAL IT HURTS, TELL YOURSELF:

1. Even Beyoncé gets bloated.
2. Compassion is high fashion.
3. Judge my body all you want, society, but inside this body is a brain thinking about a bunch of puppies. Just try to judge *that*.
4. Good intentions are great accessories.
5. Today, my purse will be my only baggage.
6. Fashions fade, but dumb is forever.

ADAPTED FROM *GRACE & STYLE*, BY GRACE HELBIG. COPYRIGHT © 2016 BY GRACE HELBIG. REPRINTED BY PERMISSION OF TOUCHSTONE, AN IMPRINT OF SIMON & SCHUSTER, INC. AVAILABLE FEBRUARY 2 WHEREVER BOOKS ARE SOLD.

### QUICK READS

Collections of short stories for when your reading time is fleeting.



**13 WAYS OF LOOKING AT A FAT GIRL**, BY MONA AWAD As Lizzie examines the body she's never loved, our thin's-in, thigh-gap-crazy world comes into focus.



**WHY THEY RUN THE WAY THEY DO**, BY SUSAN PERABO Blackmail, betrayal, dirty little secrets. These witty tales will put you in touch with your dark side.



### Q&A WITH MAUREEN SHERRY, AUTHOR OF *OPENING BELLE*

Written by an ex-Wall Streeter and former Bear Sterns managing director, this novel about a woman's fight against her bank's sexist bro culture has already been nabbed by Reese Witherspoon for film.

**WHAT MADE YOU WANT TO TELL THIS STORY?** "All these firms like Morgan Stanley, Goldman Sachs, and Merrill Lynch had big gender-bias lawsuits brought against them, but before they went to court, there was always a settlement paid. The stories were

never told. I thought a way to tell those stories would be to novelize them."

**HOW MUCH OF THE SEXISM WAS TRUE TO LIFE?** "I'm not that creative, frankly, to have made up a lot of it! I was surprised by some things that were edited out—my editor

was like, 'You might lose a reader on this. They might think that can't be happening in this day and age.'"

**HOW WOULD YOU DEFINE SUCCESS?** "The women who I saw become successful ultimately—and by that I mean

they're happy—did something on their own, where they control their hours, employees, portfolios. I heard Reese talk about why she got interested in producing, and it's the same reason. I think women often feel more successful when they break out on their own."

—RACHEL MOSELY

### FROM PAGE TO SCREEN

Check out this month's movies based on best sellers.



#### HOW TO BE SINGLE, BY LIZ TUCCILLO

City girls Rebel Wilson and Dakota Johnson show us how no-strings-attached is done.



#### THE CHOICE, BY NICHOLAS SPARKS

Love thy neighbor, you say? If Benjamin Walker is the boy next door, who wouldn't?



#### PRIDE AND PREJUDICE AND ZOMBIES, BY SETH GRAHAME-SMITH AND JANE AUSTEN

Elizabeth Bennet kicks major zombie ass.

# EXPRESS YOUR LOVE

DISCOVER  
VALENTINE'S  
DAY FINDS

+ SHOW OFF A STYLE  
THAT'S ALL YOUR OWN  
WITH STATEMENT PIECES  
FROM PANDORA JEWELRY

SWIPE FOR  
MORE WAYS  
TO SHINE

PANDORA®

# EXPRESS YOUR LOVE

## THIS V-DAY

we're in love with touches  
of sparkle that will last all  
year long.



# DATE NIGHT

**LOVE IS IN THE AIR!** Create a date night story worth remembering: pair a little red dress with artfully designed **PANDORA Jewelry pieces** to send a message of love without saying a word.

Ribbon of Love Ring and Linked Love Rings in Sterling Silver and 14K Gold



Sterling Silver Charm Bracelet with In My Heart Charm

## STAND OUT FROM THE CROWD!

Express your creativity by mixing precious metals like the sterling silver and 14K gold in **PANDORA's Rose Bracelet and Charms** and **Heart to Heart Stud Earrings**.



Heart to Heart Stud Earrings



PANDORA Rose™  
Bracelet and Charms

## GIRLS' NIGHT



# PANDORA®

Find these and more at [PANDORA.net](http://PANDORA.net) and share your #PANDORASTYLE



## CREATE EXPRESSIONS OF LOVE

A SECRET LOCKED IN YOUR HEART. OR TIED IN A BRILLIANT BOW.  
SHOW YOUR ONE-AND-ONLY STYLE IN STERLING SILVER AND 14K GOLD.  
SHARE YOUR #PANDORASTYLE AND DISCOVER MORE AT PANDORA.NET

SHOWN: 'JOINED TOGETHER' CHARM WITH HAND-SET PAVÉ INSET

PANDORA®

# COSMO READS

**REMEMBRANCE**, BY MEG CABOT The second novel in Cabot's *Mediator* series sees ghost-whispering Suze Simon as a bride-to-be...unless old demons get their way.

**MEG CABOT**  
*REMEMBRANCE*  
A MEDIATOR NOVEL

AIDAN  
DONNELLEY  
ROWLEY

**THE RAMBLERS**,  
BY AIDAN DONNELLEY  
ROWLEY Three New Yorkers—a bird watcher, a type-A fixer, and an artist—try to navigate the zigzags of living and loving in the city during one crucial week.

**I'M GLAD ABOUT YOU**,  
BY THERESA REBECK  
Can small-town romance compete with big-ticket success? The award-winning playwright and creator of NBC's *Smash* examines how love fits into the fame game.

NEW  
FICTION

PUTNAM  
12/10/13

"Private, confidential,  
Goddess' Word's confidential."  
-101 PILOT

**THE FORGETTING TIME**, BY SHARON  
GUSKIN For fans of *Cloud Atlas* and *The Lovely Bones*, this psychological mystery will have you hooked until the case is closed—or is it?

**THE HIGH MOUNTAINS OF PORTUGAL**,  
BY YANN MARTEL One hundred years, three men, an ancient relic...oh, and a chimpanzee. Trust the *Life of Pi* author to make magic (he already did with a boy, a tiger, and a boat).

YANN  
MARTEL

THE HIGH MOUNTAINS  
OF PORTUGAL



WHO ARE YOU  
OBSESSED WITH? TWEET  
@COSMOPOLITAN  
#COSMOGUY AND YOU  
COULD SEE HIM ON  
THIS PAGE!

CHRIS PINE

# THE COSMO GUY

THE STAR OF *THE FINEST HOURS* AND FACE OF  
ARMANI CODE COLOGNE TALKS SPRAY TANS, SUPER-  
HEROES, AND WHAT TAKES HIS BREATH AWAY.

## DATING FOR DUMMIES

"Men can be so dense. I've not listened, forgotten anniversaries. And I had a tendency not to let things go. But you have to have the moment, yell, kiss, make up, and move on."

## WHAT SETS HIM AFLUTTER

"I love butterflies. I have some on display at my house. I sound like such a lame ass, but I think they're one of the most beautiful things on the planet."

## THE MAKEUNDER

"I'm wary of too much makeup. Or when you wake up and the sheets smell like that weird fake-tan stuff. Women have so much natural beauty. There's no need to overdo it."

## SCENT OF A MAN

"One time in college, I put on too much cologne and someone said, 'Who fell into the perfume cesspool?' But I think I do a good job of dousing now. Or at least, I hope I do."

## ON HIS UPCOMING ROLE IN *WONDER WOMAN*

"I have no problem being 'the boyfriend.' Sometimes you want to be vulnerable and want her to be strong, and sometimes you want to be the strong one."



aussie<sup>®</sup>  
MAKE  
AUSSOME  
EASY

# DRAMATIC RESULTS

WITHOUT ALL THE DRAMA.

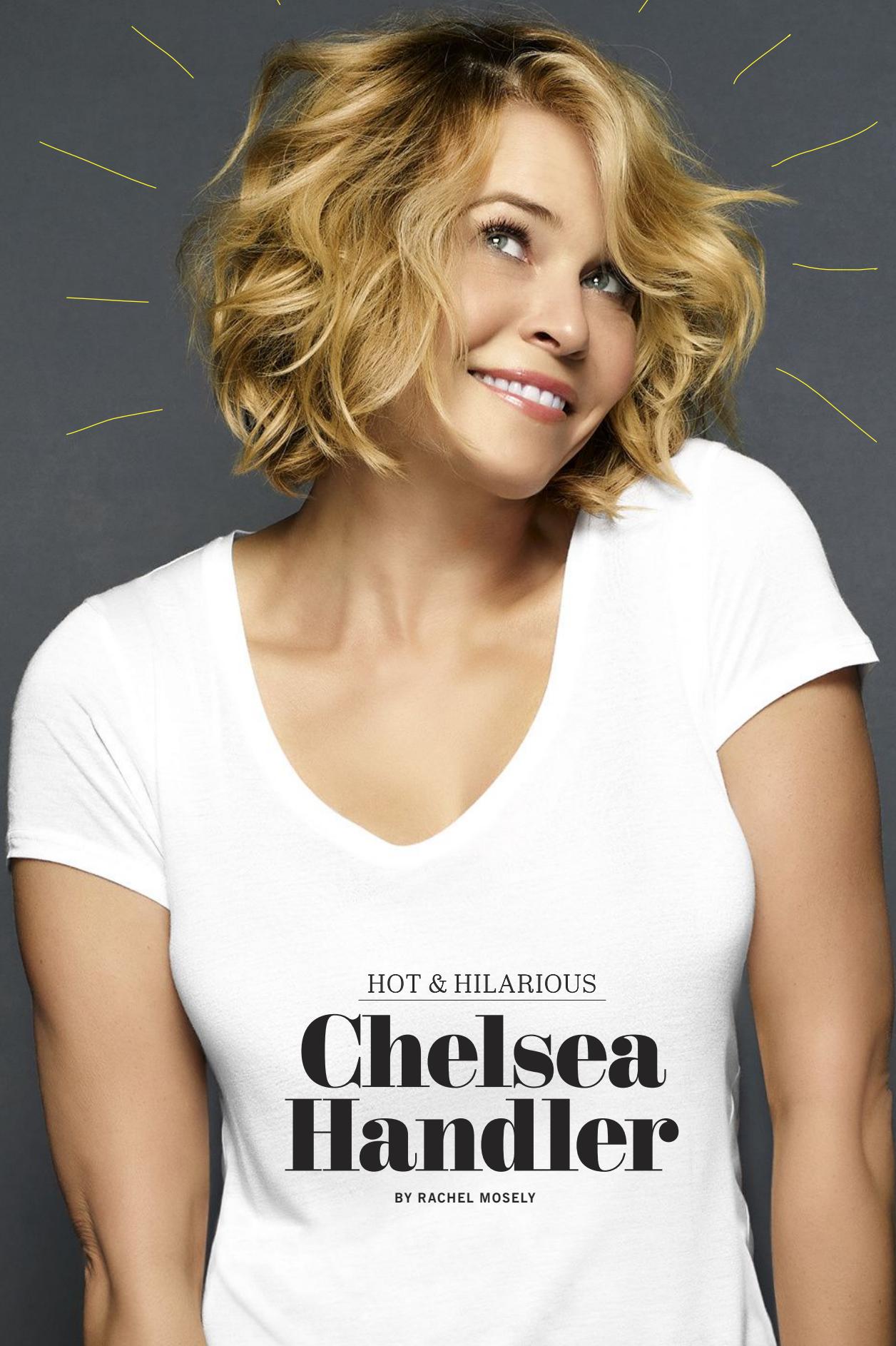
© 2015 P&G



## AUSSIE 3 MINUTE MIRACLE

Give your dried out, damaged strands a miraculously moisturizing makeover in just 3 short minutes with our line of deep conditioning treatments.

#DITCHTHEDRAMA



HOT & HILARIOUS

# Chelsea Handler

BY RACHEL MOSELY

**CHELSEA HANDLER HAS DOMINATED** the business of making us laugh—see her string of best-selling books, her seven years of E!'s *Chelsea Lately*, or her celebrated stand-up career. Now, she's making us think. After inking a major deal with Netflix, her four *Chelsea Does* documentaries—on marriage, racism, drugs, and Silicon Valley—hit the streaming giant Jan. 23, followed by a talk show she has called “a cooler *60 Minutes*,” which debuts later this year. Here, the ultimate straight-talker lets us peek into her next act.

**Q/ It feels like we're in a new Chelsea Handler era. What's your current job description?**

“Every time I enter a country and have to write down my occupation at customs, I’m like, I don’t know....Author? Host? Writer? Stand-up? I usually write *author*—that’s the safest bet. Most people don’t want to read anyway, so they won’t ask what kind of books I write and I won’t have to say ‘Books about sex.’ But I don’t sit around thinking about how to describe myself, which is probably a good thing.”

**Q/ What made you walk away from the success of *Chelsea Lately*?** “I felt like I was dehydrated. I wanted to water my brain. My favorite thing to do is interview regular people. Asking strangers questions changes your opinion of everything. You don’t ever just want to be in that rarified world of celebrity—a lot of those people don’t want to have opinions. I didn’t want another show with the same format every night: a monologue, then a celebrity guest. We have enough of that.”

**Q/ Did you want to show a different side of yourself?** “Jay Leno once told me, ‘Don’t

ever do a stand-up special unless you’re ready to retire that material.’ Toward the end of my show, I decided I’m going to do a special for Netflix—that was the first part of my deal—and then I’m done with stand-up.”

**Q/ Totally done?** “Yeah. I always thought to myself, I don’t want to be doing stand-up when I’m 40 years old. So I’m done. I feel like my show and stand-up kind of went together.”

**Q/ Were you scared to pivot your career?** “At first I was like, why am I doing a documentary on marriage? Who gives a shit what I think about marriage? But you just peel everything off. Let me go and talk about my feelings in the most honest way. My biggest weakness, as my best friend says, is that I’m so brutally honest—*too* honest. But dishonesty is a deal breaker for me, in a friendship or with a boyfriend. I went on a date the other

“I SWEAR, IF YOU HAVE CONFIDENCE, YOU CAN GET AWAY WITH MURDER. YOU CAN SAY THE MOST OFFENSIVE THING AND PEOPLE WILL THINK IT'S A JOKE. YOU CAN ANGLE ANYTHING ANY WAY YOU WANT TO.”



night, and the guy kept texting me. And I was like, ‘Listen, I’m going to be very honest with you. You’re a really nice guy, but we are not a match.’ My friend goes, ‘Why can’t you just give him the slow burn?’ I said, ‘It’s not healthy. Why am I going to lead him on for days when I can just tell him the truth and it’s done? I would appreciate that.’”

**Q/ Do guys find that kind of honesty threatening?** “I’m sure. Men are always like, ‘You’re so intimidating.’ I don’t find myself to be. But whatever—I’m not going to try to be less intimidating. It’s just a matter of finding a guy who’s able to deal with it.”

**Q/ You never wanted to get married, but now you’re reconsidering. What changed?** “I thought it was important to get through the period when everyone pressures you to get married without falling prey to it. I didn’t want to be a sucker. If I prolonged that decision until I was 40 and making better choices, I thought I’d be in a better position to make that commitment. I definitely feel like I am now. The only thing is, now I’m not dating anybody. This has been the longest period of not dating anybody that I’ve had in my entire life.”

**Q/ Are you in a dry spell?** “I’ve never gone this long without sex. I haven’t had sex in 10

months. And it’s not intentional. It’s just that every guy I’ve met, I’ve been like, ‘Oh god...no. I’m actually flying to Barcelona to see this guy I have there, just so that I don’t go a full year without sex. I don’t want that on my résumé.’”

**Q/ Are you one of those people who hates being single?**

“Everyone tells me, ‘You’re happier than you’ve ever been—maybe you don’t need anybody.’ I’m open to [marriage], but at the same time, I definitely am happy. I feel like I’ve amounted to something personally. I’m happy with my decisions. I’m happy to take risks. Listen, if you keep doing something that’s comfortable and secure, what does that really say about you?”

**Q/ What would you tell your 20something self to help her get to that happy place where you are now?** “Everything isn’t permanent, so don’t pretend that it is. Everything’s supposed to move and shift. Let it happen—you don’t have to push. I think you go through a period in your 20s when you’re trying to figure out who you are and how you want to present yourself. In your 30s, you’re more like, I’m cool with being who I am. Then when you’re 40, you’re like, I’m not worried about any of this shit. You’re going to like me or you’re not going to like me.” ■



TOP ROW, FROM LEFT: GAC/SPLASH NEWS; MICHELE EVE/SPLASH NEWS; GETTY IMAGES. MIDDLE ROW, FROM LEFT: ABBOTT/SHUTTERSTOCK; GETTY IMAGES; GETTY IMAGES. BOTTOM ROW, FROM LEFT: SHARPSHOOTER IMAGES/SPLASH NEWS; PENDZICH/REX SHUTTERSTOCK; DAN CALLISTER/REX SHUTTERSTOCK.



# FUN, FEARLESS...FAIL!

From wow to WTF, we call the trends like we see 'em.

## ALL THAT GLITTERS



**FUN** Jeysen Paez's Glitter portrait series uses sparkles to explore the façade of our shiny selfies.



**FEARLESS** SendGlitterToPeopleYouHate.com delivers the messiest revenge. Glitter beats bitter.



**FAIL** Taste the rainbow? Word is that (technically inedible) glitter pills could make you crap in color.

## BALL SO HARD



**FUN** Not your mom's meatballs: Syracuse eatery's Testicle Festival serves free bull, boar, and goat nads.



**FEARLESS** *Last Will and Testicle*: funny guy Byron Lane's web series inspired by his testicular cancer.



**FAIL** Nutscaping: in which guys photo bomb travel shots (and our nightmares) with their nuts.

## ZOMBIE CRAWL



**FUN** Eat your heart (and brains) out this Valentine's Day. *The Walking Dead* returns Feb. 14.



**FEARLESS** CareerBuilder conducts study of cities most likely to survive a zombie attack. Boston wins.



**FAIL** Man uses zombie baby doll to cheat his way into carpool lane. It wasn't even in a car seat!

5  
BENEFITS IN ONE

VOLUME  
LENGTH  
DEFINITION  
LIFT  
INTENSE COLOR



# CHOOSE THE ONE



## REVOLON POWER MINI BRUSH™

MINI SHAPE REACHES EVERY  
LASH FOR MAJOR IMPACT



## NEW REVOLON ULTIMATE ALL-IN-ONE MASCARA

Look love in the eye. Our innovative, high-impact formula delivers 5 lash-transforming benefits, while our **Power Mini Brush** leaves no lash behind. Choosing the one has never been so simple.

OLIVIA WILDE WEARS BLACKEST BLACK  
[REVLON.COM](http://REVLON.COM)



CHOOSE LOVE

SIMULATION OF PRODUCT RESULTS ON LASHES ENHANCED WITH LASH INSERTS

© 2016 Revlon

REV  
LOV  
ON™



#TacoriGirl

TACORI



HANDCRAFTED IN  
CALIFORNIA

TACORI.COM

STYLING  
EDITED BY  
KATIE L. CONNOR  
& SARAH CONLY

# Treat Yourself

WHO NEEDS A BAE  
WHEN YOU HAVE THE  
HOTTEST BAG TO KEEP  
YOU COMPANY? THIS  
VALENTINE'S, MAKE A  
DATE WITH YOUR  
FAVE PERSON—YOU!

HANDBAG,  
*Gucci*,  
[gucci.com](http://gucci.com)

Photographed by JEFFREY WESTBROOK Paper set by DANIEL SEAN MURPHY Senior Accessories Editor: KATHY LEE



1

1. STEVE  
MADDEN, \$80,  
stevemadden  
.com

2. ALEXANDRE  
BIRMAN, *Saks*  
*Fifth Avenue*

3. STUART  
WEITZMAN,  
\$598, *Stuart*  
*Weitzman*  
*Madison*  
*Avenue*

## the shoes

“THE QUICKEST  
WAY TO MAKE A  
BASIC LOOK  
INSTA-WORTHY IS  
WITH A PAIR OF  
MULTICOLORED  
SNAKESKIN OR  
EMBOSSDED HEELS.”

—NICOLE FINEO, accessories editor

2

3



Nail the look with  
Pink Tank

© 2015 COTY US LLC

Download the free  
ManiMatch™ app to virtually  
try on any shade live



2X  
VOLUME  
TOP COAT



OMGel!<sup>TM</sup>  
GEL WITHOUT THE LIGHT!

MIRACLE GEL<sup>TM</sup>

2 Steps • Up to 14 Days of Color and Shine • Easy Removal  
The next best thing to a salon gel mani!

Sally Hansen®

Pretty  
Piggy

B Girl

Shock  
Wave

Birthday  
Suit

Street  
Flair

Pink  
Cadillaquer

Tidal  
Wave

Red  
Eye

Wine  
Stock

Game of  
Chromes

Pink  
Tank

# 2-IN-1

FOUNDATION  
+ CONCEALER

REVLON  
COLORSTAY

2-IN-1

2-IN-1 COMPACT MAKEUP & CONCEALER

## CHOOSE YOUR MATCH

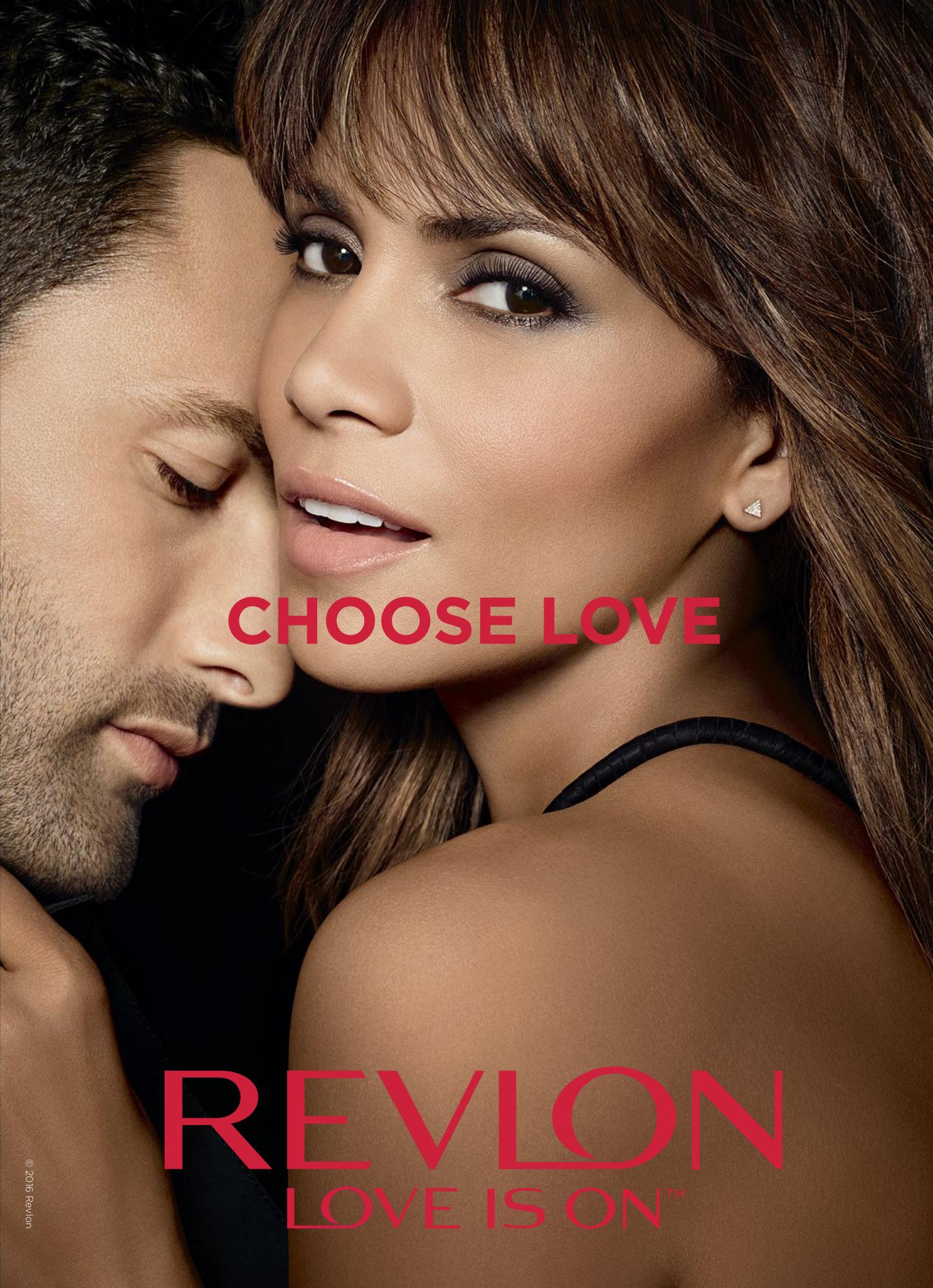
NEW REVOLN  
COLORSTAY™ 2-IN-1 COMPACT

Expertly-matched pairs of **foundation and concealer**.  
For a **flawless, lasting look** that's perfect for you.



CHOOSE YOUR PERFECT PAIR  
[REVLON.COM](http://REVLON.COM)

HALLE BERRY WEARS CARAMEL



CHOOSE LOVE

REVLON  
LOVE IS ON™

# the lingerie

“WHAT'S WORN  
UNDERNEATH  
RADIATES TO THE  
OUTSIDE, SO  
BREAK OUT YOUR  
NICE LINGERIE  
EVERY DAY  
OF THE WEEK!”

—ABBY KALICKA, senior market editor

1. BRA, Calvin Klein, \$62, [calvinklein.com](http://calvinklein.com) 2. PANTY, Calvin Klein, \$26, [calvinklein.com](http://calvinklein.com) 3. BRA, Artistic Revolution in Time, \$42, [artgirlnyc.com](http://artgirlnyc.com) 4. PANTY, Artistic Revolution in Time, \$18, [artgirlnyc.com](http://artgirlnyc.com) 5. BRA, Cosabella, \$105, [cosabella.com](http://cosabella.com) 6. PANTY, Cosabella, \$94, [cosabella.com](http://cosabella.com) 7. BRA, Victoria's Secret, \$60, [victoriassecret.com](http://victoriassecret.com) 8. PANTY, Victoria's Secret, \$19, [victoriasssecret.com](http://victoriasssecret.com) 9, 10. PANTY, BRA, Adore Me, \$50 for set, [adoreme.com](http://adoreme.com) 11. PANTY, Aerie, \$13, [aerie.com](http://aerie.com) 12. BRA, Aerie, \$40, [aerie.com](http://aerie.com)

YSL

Available at Macy's and macy's.com

BLACK  
OPIUM  
YVES SAINT LAURENT  
THE NEW FEMININE FRAGRANCE



Edie Campbell

#YSLBlackOpium

Lift here to discover



# BLACK OPIUM

YVES SAINT LAURENT

THE NEW FEMININE FRAGRANCE

A photograph of three young women. The woman on the left is holding a black tablet and looking at it. The woman in the center is smiling broadly, also looking at the tablet. The woman on the right is looking directly at the camera with a neutral expression. They are all dressed in casual, colorful clothing.

**60% OFF  
NEWSSTAND  
PRICE**

# FUN, FEARLESS, EVERYWHERE!

Take our quiz—when taking the train. Share “Girls’ Night Out” beauty tips—while you’re out! Subscribe to *Cosmopolitan*’s digital edition and you’re never without the fun, fearless advice you crave. Plus:

- ▶ Get all the fab fashion, beauty, guy, sex and career talk **BEFORE IT HITS NEWSSTANDS**
- ▶ Enjoy **DIGITAL-ONLY** features—like shop-able pages
- ▶ Access **TABLET-EXCLUSIVE** stories, videos, and more



TRY IT ON YOUR TABLET TODAY AT [DEAL.COSMOPOLITAN.COM](http://DEAL.COSMOPOLITAN.COM)

1



**1. RING,** *Eshvi*,  
\$235, [eshvi.co.uk](http://eshvi.co.uk)

**2. NECKLACE,** *Bibi Van Der Velden*,  
price upon request, [doverstreetmarket.com](http://doverstreetmarket.com)

**3. EARRINGS,** *Salvatore Ferragamo*,  
\$230, *Salvatore Ferragamo* boutiques

## the jewels

PEARLS ILLUMINATE  
YOUR SKIN AND  
MAKE YOU GLOW.  
THESE ARE  
WHIMSICAL AND  
FUN—NOT YOUR  
GRANNY'S PEARLS!"

—KATHY LEE, senior accessories editor

2



3





## Discover a daily beauty treatment for radiant skin.

With Dove's 1/4 moisturising cream, you can have softer, smoother and more radiant skin, every time you cleanse.

**Dove is not a soap. It's a Beauty Bar.**

Visit [dove.com](http://dove.com)



# STYLE



“  
YOU CAN'T GO  
WRONG WITH  
SWEATS OR GADGETS.  
A GOLD DRONE IS  
THE COOLEST.”

—SARAH CONLY, *fashion market director*

1. VIDEO QUADCOPTER, *Protocol*, \$120, [bloomingdales.com](http://bloomingdales.com)
2. TSAMPA SOUP MIX, \$7, *BUFFALO JERKY*, \$10, *Patagonia Provisions*, [patagonia-provisions.com](http://patagonia-provisions.com)
3. JACKET, *Denim & Supply Ralph Lauren*, \$225, *Denim & Supply Ralph Lauren stores*
4. BRIEFCASE, *Filson*, \$265, [filson.com](http://filson.com)
5. FOOTBALL, *Leather Head Sports*, \$150, [leatherheadsports.com](http://leatherheadsports.com)
6. WOOL PANTS, *Matiere*, \$345, [matiere.com](http://matiere.com)
7. BOOK, *Kaufmann Mercantile*, \$25, [kaufmann-mercantile.com](http://kaufmann-mercantile.com)
8. WATCH, *Armani Exchange*, \$220, [armaniexchange.com](http://armaniexchange.com)
9. FLASK, *Coach*, \$95, [coach.com](http://coach.com)
10. SLIPPERS, *UGG for Men*, \$120, [uggaustralia.com](http://uggaustralia.com)
11. SCARF, *Express*, \$55, [express.com](http://express.com)

# Gifts for Your Guy

SO YOU HAVE A VALENTINE? TREAT HIM TOO. THE TRICK: GIVE HIM SOMETHING YOU CAN BORROW.



Softer, smoother skin  
after just one shower.

With our most effective skin-natural nourishment,  
feel the difference it makes to your skin.  
Learn more about our award-winning  
formula at Dove.com



100%  
WAX-FREE  
GEL FORMULA

# CHOOSE TO CAPTIVATE

NEW REVOLON ULTRA HD MATTE LIPCOLOR™  
High-definition color meets **velvety matte**.

With a **unique gel formula** that delivers a lightweight, **moisturizing feel**.  
For love that draws you in—in 8 shades.

CHOOSE YOUR SHADE  
[REVLON.COM](http://REVLON.COM)

ALEJANDRA ESPINOZA WEARS HD ADDICTION



CHOOSE LOVE

REVLON  
LOVE IS ON™

# STYLE



## FUN, FEARLESS FINDS

# UNDER \$50

More style pro than sexy ref, graphic stripes in classic B&W score big with pops of color and a touch of studs.





# PANTENE

## STRONG IS GOING TO ANY LENGTH

### NEW PANTENE SHAMPOO & CONDITIONER SYSTEM

When your hair is strong, you can go further than you ever thought. The new Pantene shampoo and conditioner system has a PRO-V Formula that micro-targets weak spots, for stronger hair.\* So you can love it even longer.

**STRONG IS BEAUTIFUL™**

\*strength against damage vs. non-conditioning shampoo ©2016 P&G



When I dare to go nude,  
**I rock it like no other.**

[Maybelline.com/rocknudes](http://Maybelline.com/rocknudes)

Emily is wearing New The Rock Nudes Palette.

M A Y B E L  
M A K E I T H A P P E N™



Edited for edge,  
from heavy metal  
to quietly quartz.  
**Dare to rock nude.**

NEW

THE *Rock*  
**NUDES**  
PALETTE



**LINE**  
NEW YORK

©2016 Maybelline LLC.

# STYLE



BELLA THORNE



KYLIE JENNER



EMILY RATAJKOWSKI

*look hot tonight*

## IN SUEDE

THE THROWBACK FABRIC SWINGS BACK INTO ACTION, AND SUPPLE SUEDE DOESN'T GO SOFT ON STYLE. MAKE A LITTLE INVESTMENT IN TEXTURE TO LOOK RICH AF AND OOOH-SO-TOUCHABLE.



### '70s Siren

Add serious edge to a prim, button-front mini with just-as-luxe snake-print booties.

**DRESS**, Capulet, \$348, [shopbop.com](http://shopbop.com).  
**BOOTS**, Aldo, \$150, [similar styles at aldoshoes.com](http://similar.stylesataldo.com).  
**BAG**, AMI Clubwear, \$18, [amiclubwear.com](http://amiclubwear.com).  
**CUFF**, Chico's, \$69, [chicos.com](http://chicos.com)



### Golden Girl

Bare shoulders in an ultrasoft matching set....Gilded accents give the neutrals flash.

**TOP**, Alice & Olivia by Stacey Bendet, \$495, [aliceandolivia.com](http://aliceandolivia.com).  
**SKIRT**, H&M, \$25, [hm.com](http://hm.com).  
**SHOES**, Marc Fisher LTD, \$170, [marcfisherfootwear.com](http://marcfisherfootwear.com).  
**CLUTCH**, Vince Camuto, \$238, [vincecamuto.com](http://vincecamuto.com).  
**EARRINGS**, BCBGeneration, \$98, [bcbgeneration.com](http://bcbgeneration.com)



### Urban Cowgirl

Take Western fringe downtown with street-style staples like a moto jacket and bucket bag.

**JACKET**, Tokyo Darling, \$98, [aeropostale.com](http://aeropostale.com).  
**BALET**, Tart Collections, \$193, [tartcollections.com](http://tartcollections.com).  
**PANTS**, AG, [agjeans.com](http://agjeans.com).  
**BAG**, Sandro, \$625, [us.sandro-paris.com](http://us.sandro-paris.com).  
**SHOES**, Raye, \$205, [revolveclothing.com](http://revolveclothing.com).  
**RING**, Stella & Dot, \$39, [stelladot.com](http://stelladot.com)

STUART TYSON/STUDIO D STYLIST: SABRINA GRANDE CELEBS, FROM LEFT: SHARPSHOOTER IMAGES; SPLASH NEWS; JACK KRISTOFFER; THE GLOSSY GROUP/AM:GSI



Sculpts and tames  
as it colors.

**Master the perfect  
brow in one  
simple sweep.**



/ BEFORE



/ AFTER

**NEW**  
**BROW**  
***drama***  
OUR 1<sup>ST</sup> BROW  
POMADE CRAYON



creamy  
sculpting  
formula

**Raise eyebrows?  
I do it all the time.**

Get expert tips at  
[Maybelline.com/brow](http://Maybelline.com/brow)

Gigi is wearing New Brow Drama® Pomade Crayon in Blonde.  
©2015 Maybelline LLC.

**MAYBELLINE**  
MAKE IT HAPPEN™ **NEW YORK**



**Perfection? It's  
what I dream about.**

[Maybelline.com/dreamvelvet](http://Maybelline.com/dreamvelvet)

Adriana is wearing New Dream Velvet™ Foundation in Natural Beige.

**M A Y B E L**  
M A K E   I T   H A P P E N™



**Now, a matte foundation that hydrates.**  
No drying. No roughness.  
Just velvet-smooth perfection.

**NEW**

# dream VELVET™

SOFT-MATTE HYDRATING FOUNDATION

Unique formula is gel-whipped with 2x more water.\*

**12-hour hydration.**  
Creates a fresh feel as it covers.

Looking for the ultimate Dream finish?

Our **dream** BLENDER:  
**Smooths**  
**Perfects**  
**Blends effortlessly**



In 12 velvet-smooth shades.

\*Vs. Maybelline® Dream Liquid® Mousse.



**LINE**  
NEW YORK

©2016 Maybelline LLC.

# STYLE



NECKLACES (top to bottom), \$185 for set of 2, \$175, \$235, Fortune and Frame, [fortuneandframe.com](http://fortuneandframe.com)

RAGLAN T-SHIRT, *Never Gonna Turn Down Again*, \$150, [etsy.com/shop/NGTDA](http://etsy.com/shop/NGTDA)

CAPE, *Eloquii*, \$120, [eloquii.com](http://eloquii.com)

SNEAKERS, *Nike*, \$100, [nike.com](http://nike.com)

# BODY TALK

MODEL CANDICE HUFFINE HAS REWRITTEN THE RULES ON PLUS-SIZE DRESSING. HERE SHE SHARES HER SECRETS.



SKIRT, *Universal Standard*, \$110, [universalstandard.net](http://universalstandard.net)

COAT, *Lane Bryant*, \$258, [lanebryant.com](http://lanebryant.com)

**CURVY FASHION** in the past was all about the belt. Even sweaters were belted. A belt is not a bad thing. Nipping in your waist obviously creates an amazing shape, but there are other ways to do that. A beautifully tailored blazer will give you the same effect.

**FIND THE PARTS** of your body you like the most, and play those up. I'm round at the top, and I have small legs. Technically, flow-y things on my top half wouldn't be so great, but that's the silhouette I love because I love my legs. So I usually wear a skinny jean or short skirt and leave the top casual.

**MY GO-TO OUTFIT** is a black skinny jean. I love a vintage band T-shirt and a jacket of some sort—a leather jacket or oversize blazer, even a jean jacket. Then I change up the shoe—an open-toe bootie or a high-top—that's my sweet spot.

**LEATHER NIKE BLAZERS** are perfect year-round. They're like a boot. I'm really into the sneaker-with-everything moment.

**I WEAR** a lot of jewelry and long necklaces. I love longer chains—they're elongating.

**THE PLUS-SIZE** market has come a really long way. The most common complaint used to be that things were too matronly, but there's so much on trend now. Eloquii is doing super cool things. Lane Bryant is so on trend, and I'm always a fan of ASOS.

**THE BIGGEST** mistake women make is wearing the wrong size. By that I mean they buy their clothes too big! Maybe it's out of fear or wanting to hide things because it's been ingrained in us for so long. ■



# DAISY

MARC JACOBS



THE FRAGRANCES FOR WOMEN

[MARCJACOBSPFRAGRANCES.COM](http://MARCJACOBSPFRAGRANCES.COM)

LIFT TO EXPERIENCE  
DAISY

THE FRAGRANCES FOR WOMEN



LIFT TO EXPERIENCE  
DAISY DREAM

# DAISY MARC JACOBS

LIFT TO EXPERIENCE  
DAISY EAU SO FRESH

MARcjACOBsFRAGRANCES.COM

MACY'S AND MACYS.COM

it's a 10

reduce  
breakage

add  
volume

nourish  
hair

# PUMP UP THE VOLUME

Give your hair the volumizing boost it needs! It's a 10 delivers **10 multitasking benefits** in every product designed to provide weightless moisture that nourishes and strengthens hair so you can spend less time worrying about your style going flat and more time flaunting your locks!

learn more at [itsa10haircare.com](http://itsa10haircare.com)





“There’s no dry time.  
I’m impressed.”

—Ashley

**Dove Dry Spray Antiperspirant.**

Discover 48-hour protection that goes on instantly dry with all the care of Dove.





EDITED BY  
LEAH WYAR

# Best. Hacks. Ever!

## Sanitize Brushes in Seconds

Forget special cleaners: Once a week, swirl your makeup brushes into a wet bar of antibacterial soap. Rinse with cool water, and prop them on the edge of a cookie tray, so they dry on an angle, bristles down.

GIORGIO ARMANI BEAUTY  
Blender 4 Brush, \$70,  
[giorgioarmanibeauty-usa.com](http://giorgioarmanibeauty-usa.com)

SAVE TIME,  
MONEY, AND  
SANITY WITH  
THESE GENIUS  
SHORTCUTS—  
WE'VE TESTED  
THEM ALL,  
AND WE'RE  
OBSESSED.

BY LAUREN BALSAMO

# BEAUTY



## Lock Down Eye Shadow

Before applying shadow, fill lids with matching pencil, says Sir John, celeb makeup artist for L'Oréal Paris. The waxy base grips shadow and intensifies color.

## Revive Dried-Out Mascara

Add five drops of saline solution (for contacts), shake, then warm the tube with a blow-dryer for 30 seconds to emulsify, says Benjamin Ruiz, director of global creative artistry for Laura Mercier.

## Prevent Polish Stains

Trace nails with cuticle oil before removing polish. The barrier prevents color from staining skin, says Michelle Saunders, celebrity manicurist for Essie.

## Score Endless Shades of Lipstick

Good news for your beauty junk drawer: Eye shadow plus petroleum jelly equals the perfect DIY lipstick. Just scrape a bit of shadow off the top and mix.

## Get a Clean Smoky Eye

Before you start, pop on a pair of under-eye treatment patches (try Estée Lauder Stress Relief Eye Mask, \$40 for 10, esteeleauder.com). They'll catch any crumbles of powder and hydrate and depuff skin.

## Give Bobby Pins Grip

Before sticking them into your style, mist with a generous coat of aerosol hair spray for nonslip staying power.

## Blush Before Base

To avoid an OTT flush, sweep on blush first, then tap your favorite liquid or powder foundation on top for a subtle glow that's instantly blended, says Victor Cembellin, senior artist for MAC Cosmetics.

**MILANI Rose Powder Blush in Blossomtime Rose, \$8, CVS**

## Plump Lips Instantly

Got eye cream? Then you've got lip plumper. Those made with hyaluronic acid (in L'Oréal Paris Revitalift Volume Filler Eye Treatment, \$25, drugstores) are amazing at plumping crow's-feet...and your pout.

## Thicken Your Hair

Brow powder is designed to stick to hairs—exactly why many pros use it to fatten up a thin part or uneven hairline, says Dean Fournier, a Lorac Pro makeup artist. Swirl it on sparse spots with a fluffy eye-shadow brush.

## Get Beachy Waves in 60 Seconds

Create four basic braids (two in the front, two in the back), then run a flatiron down the lengths of each, says Timothy Brad Wandrey, senior stylist at NYC's Cutler Salons. Unweave when cool, and scrunch in sea-salt spray.

## Contour Flawlessly

Get sky-high cheekbones by using a nude blush—not bronzer—a few shades darker than your skin. Blush lacks bronzer's warm, orange undertones, creating a more believable illusion of depth and hollowness. Our go-to: Neutrogena Healthy Skin Blush in Bronzed, \$9, neutrogena.com.

## Save \$ on Sheet Masks

After removing one from its packet, pour any remaining serum into a zip-top bag. Use the mask on clean, just-washed skin, then fold it up, place it into the bag, and store it in the fridge for next time. (Use it within one week.)

## Steam Off Your Falsies

Fill a bowl with hot water, then cover your head with a towel, and perch over the steam (or just run a hot shower and hang) to loosen the glue. Result: lashes that peel right off.



THAT JUST  
BRUSHED  
CLEAN  
FEELING

after an innocent  
“let’s grab coffee”  
got you more  
than just coffee.



© 2015 Wm. Wrigley Jr. Company. Orbit, Orbit O Design and all affiliated designs are trademarks of the Wm. Wrigley Jr. Company or its affiliates.

# BEAUTY

## QUEEN OF THE NIGHT

Scrunch pomade (try Garnier Fructis Style De-Constructed Pixie Play, \$4.50, drugstores) into hair to give it grip. Then create pigtail braids, and pin them along your hairline, suggests Rodney Cutler, owner and lead stylist of Cutler/Redken salons.

## BY YOUR SIDE

Spritz volumizing dry shampoo (an invisible one: Tresemme's, \$5, drugstores) into roots to create lift, then flip your hair to one side. Smooth in braid-defining cream (like Redken Braid Aid 03, \$25, redken.com), and weave hair. Once secured, gently pull it apart to thicken and soften it.

## DREAM CURLS

Lucky enough to have this texture? Flaunt it! Smooth a gel-cream (try Motions Natural Textures Versatile Defining Cream, \$7, walmart.com) into wet hair from root to tip (warm it in your hands before coating strands), then blow-dry with a diffuser attachment for definition.

## SWEPT AWAY

Pull hair into a high pony. Mist the tail with a texturizing spray (we're fans of L'Oréal Paris Advanced Hairstyle Boost It Air-Spun Texture Mist, \$5, drugstores), then wrap it around the base of the pony, pinning as you go. Leave a bit of hair loose at the end, fanning out the pieces with your fingers.

# Love Is in the Hair

Five crazy-romantic styles (straight from the runway), guaranteed to give you all the Valentine feels.

BY LONI VENTI

## WAVES FOR BABES

Spritz damp strands with sea-salt spray (try Not Your Mother's Beach Babe, \$7, Ulta), and blow-dry without a brush, says Cutler. Wrap sections around a one-inch iron, starting a few inches down from the root and leaving a few inches out at the bottom. Rake your fingers through to loosen.



Say hello to instant radiance  
made with Pear Nectar and Soy.

Try more St. Ives Body Lotions and discover  
our Face Scrubs and Body Washes

#LiveRadiantly



# BEAUTY



CALVIN KLEIN CK2  
eau de toilette,  
\$75, Macy's

## 21ST SCENTURY

The most iconic fragrance of the '90s (or ever?) is back...as CK2! Like CKOne, the sequel is housed in a minimalist-chic bottle and smells unisex—this time, it's all about crisp wasabi. Look for it on 2/2 (natch).



## GOT MILK?

Created by the trendsetters behind NYC's and L.A.'s Milk Studios (where the most coveted celeb photo shoots go down): 85 multifunctional products for you...the girl on the go! Our faves: an über-pigmented eyeliner and roll-anywhere hydrating oil.

MILK MAKEUP  
Shadow Liner in  
Hustler, \$26, and  
Sunshine Oil, \$38,  
milkmakeup.com



ESTÉE LAUDER New Dimension Plump + Fill Lip Treatment, \$42, esteelauder.com

## BIG KISS

This treatment packs two must-haves for XXL lips: a collagen-boosting serum in a soothing, hydrating balm.



## SPIN-OFF

This new lightweight version of the gold-standard Clarisonic offers a bonus 80-second, deep-cleansing option (perfect if you passed out in your makeup) and a handy USB charger that makes it super portable.

CLARISONIC Mia Fit brush, \$189, clarisonic.com

# SEXY BEAUTY ALL MONTH LONG

BY DEANNA PAI

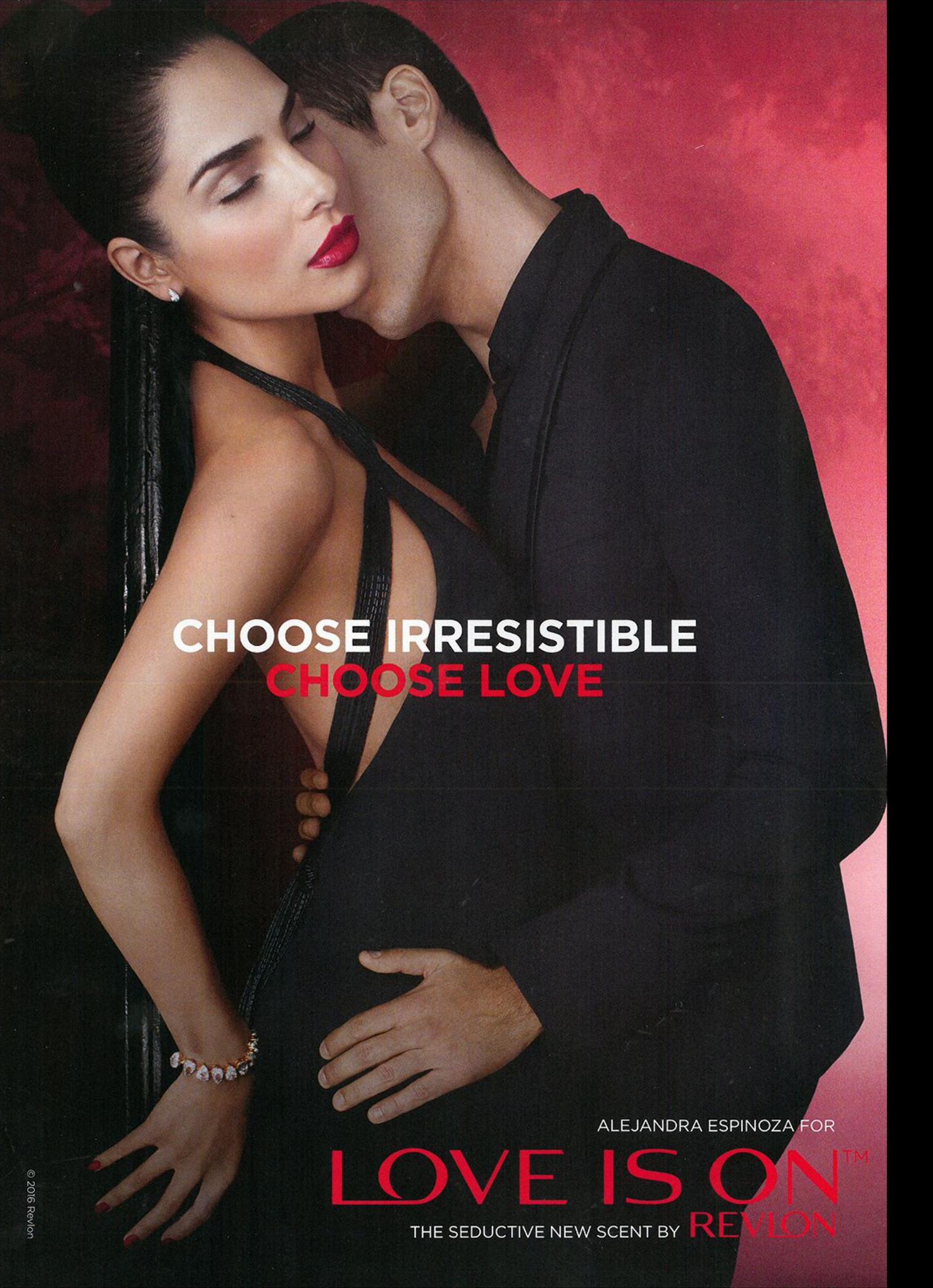


BUMBLE AND BUMBLE  
Bb. Curl Custom Conditioner, \$34, bumbleandbumble.com

## CURL CODE

Depending on the day, your curls may crave a little to a lot of moisture. Enter this customizable formula. It works as regular conditioner, leave-in frizz-fighter, even a cleansing conditioner (just replace your shampoo with it).

GO TO COSMOPOLITAN.COM/BIRCHBOX2016  
AND ENTER FOR A CHANCE TO WIN A BIRCHBOX  
GIFT CARD AND PRODUCTS FROM ITS NEW  
ATHLEISURE-INSPIRED BEAUTY BRAND, ARROW  
(BIRCHBOX.COM/ARROW) (SEE PAGE 179 FOR RULES.)



CHOOSE IRRESISTIBLE  
CHOOSE LOVE

ALEJANDRA ESPINOZA FOR

LOVE IS ON™  
THE SEDUCTIVE NEW SCENT BY REVLON

LIFT TO  
EXPERIENCE



REVLON  
LOVE IS ON

LOVED BY WOMEN. IRRESISTIBLE TO MEN.

NEW REVOLN  
LOVE IS ON FRAGRANCE

A captivating blend of velvety rose,  
spice, and vanilla-infused musk.

REVLON  
LOVE IS ON™

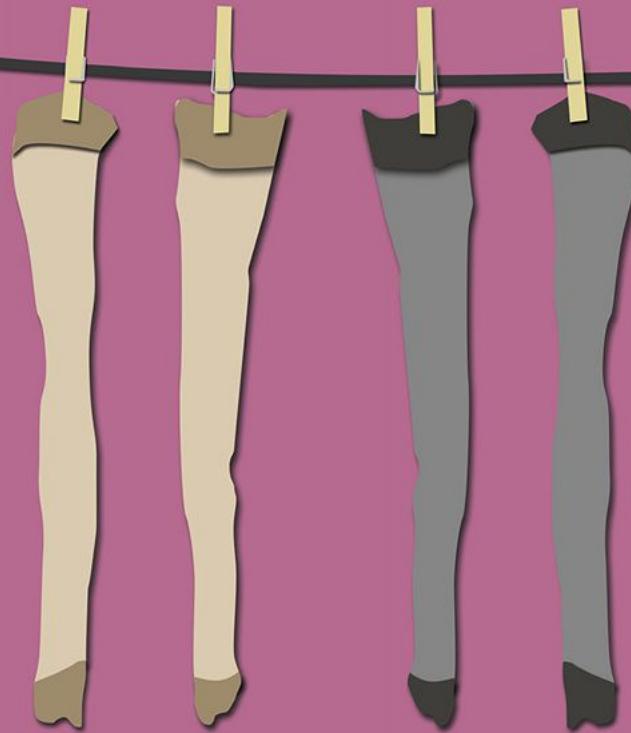
# Saving People Money Since 1936

... that's before there  
were nylons.

GEICO has been serving up great car insurance and fantastic customer service for more than 75 years. Get a quote and see how much you could save today.

[geico.com](http://geico.com) | 1-800-947-AUTO | local office

**GEICO**<sup>®</sup>



# BEAUTY

# Your Clearest Skin Starts Now

The secret to banishing a breakout? Depends on how much time you have.

BY NICOLE CATANESE



# HOUR

WHAT  
YOU  
CAN DO  
IN AN...

While a zit won't disappear, it can look flawless in three steps.

**GRAB AN ICEPACK.** Put it directly on the spot then remove at 15-second intervals for a few minutes to "help bring down inflammation and reduce its size," says Neal Schultz, MD, a Manhattan derm.

**BREAK OUT THE VISINE.** Really. It helps take the redness out of skin (just as it does eyes) by constricting blood vessels.

**COVER IT UP.** Less is more, says YouTube sensation Em Ford, whose acne-concealing video, "You Look Disgusting," has logged more than 17 million views to date. Heavy foundation can draw attention to a blemish. Better to cover it

subtly with a light-weight foundation or BB cream (Ford likes MAC Prep + Prime BB Beauty Balm SPF 35, \$31, maccosmetics.com) and let the concealer do the work. "I use the pinpoint method," she says. Take a tiny concealer brush (or lip brush), dab concealer in the center of the pimple, and blend outward to blur edges.

## YOUR TOOL KIT

1. **VISINE** Original Redness Relief, \$6, drugstores
2. **COVER FX** Blemish Primer Brush, \$20, sephora.com
3. **CLINIQUE** Acne Solutions Clearing Concealer, \$17.50, clinique.com





MOMS DON'T TAKE SICK DAYS.



MOMS TAKE



THE THE  
NON-DROWSY, NIGHTTIME,  
COUGHING, SNIFFLING,  
ACHING, SNEEZING,  
FEVER, COUGHING,  
SORE THROAT, ACHING,  
STUFFY HEAD, FEVER,  
CHEST CONGESTION, STUFFY HEAD,  
**NO SICK DAYS, BEST SLEEP WITH A COLD,  
MEDICINE. MEDICINE.**



Use as directed. Read each label. Keep out of reach of children.  
© Procter & Gamble, Inc., 2015

# BEAUTY

WHAT  
YOU  
CAN DO  
IN A...



The fastest way to zap a zit in 24 hours? See a dermatologist for a cortisone shot, which sends a low dose of the anti-inflammatory steroid into the area, says New York City dermatologist Eric Schweiger, MD. Can't get to a derm or just not into needles? Try this potent sequence. **IN THE MORNING.** Place a warm compress on the spot hourly for three-minute sessions. "This can reduce swelling and help bring bacteria to the surface," says Dr. Schultz. After each compress, apply salicylic acid, which penetrates through oil and breaks down pore-clogging dead skin cells. Follow it with a dab of 1 percent hydrocortisone cream (not ointment, which can clog pores). **AT NIGHT.** Skin is especially receptive to active ingredients at

night "because this is when the skin repairs itself," says Dendy Engelman, MD, a dermatologic surgeon in NYC. Take advantage of this time by first cleansing with a 2 percent salicylic acid wash, says Gertrude Gerstner, MD, consulting dermatologist for L'Oréal Paris. Follow with an exfoliating serum or pad (we like Origins Modern Friction Instant Brightening Pads, \$40, [origins.com](http://origins.com)). "Your acne products will work better if they're not sitting atop dead skin cells," she says. Finish with a bacteria-banishing benzoyl peroxide spot treatment.

## YOUR TOOL KIT

1. **PHILOSOPHY** Clear Days Ahead Oil-Free Salicylic Acne Treatment Cleanser, \$22, [philosophy.com](http://philosophy.com)
2. **MURAD** Acne Spot Fast Fix, \$18, [murad.com](http://murad.com)
3. **PETER THOMAS ROTH** Acne-Clear Invisible Dots, \$30, [peterthomasroth.com](http://peterthomasroth.com)



YOU  
POPPED IT...  
NOW WHAT?

1. Sterilize the area with rubbing alcohol to prevent infection, says Dr. Schultz.
2. Treat it with equal drops benzoyl peroxide (2.5 percent), salicylic acid (1 to 2 percent), and hydrocortisone (1 percent) cream—Dr. Zeichner swears by this mix for battling bacteria deep in the pore, the clog itself, and inflammation.
3. Need to cover it? Pat on concealer labeled non-comedogenic (i.e., non-pore-clogging) using freshly washed hands.

WHAT  
YOU  
CAN DO  
IN A...



**YOUR SEVEN-DAY STRATEGY.** A week may be enough time to eradicate a breakout if you use a multilayered system. Ones with spelled-out steps like Proactiv (below), Clinique Acne Solutions Clear Skin System Starter Kit (\$38, [clinique.com](http://clinique.com)), and Clean & Clear Advantage Acne Control Kit (\$18, [drugstores](http://drugstores)) are successes because their ingredients are specifically formulated to work together. Plus, three steps is manageable for most people, and consistently applying something is half the battle, says Rebecca Kazin, MD, a derm at the Washington Institute of Dermatologic Laser Surgery.

**TOP TIP:** Medicated cleansers like these only work if they have time to penetrate the skin. "I recommend applying it, then singing the alphabet before rinsing," says Joshua Zeichner, MD, director of cosmetic and clinical research in dermatology at Mount Sinai Hospital.

# OH MY Micellar!

Ladies, there's a DIFFERENT way to cleanse your face and it's called Garnier SkinActive Micellar Cleansing Water

**DESIGNED FOR SENSITIVE SKIN.  
LOVED BY ALL SKIN TYPES!**

## What It Is:

**Micellar** (pronounced MY-sell-er) **water** is, well, exactly what it sounds like: purified water combined with micelles, or teeny-tiny molecules that surround impurities and lift them away. Translation? Basically, micelles circle the gunk on your skin with a big group hug, then whisk it away, leaving your complexion completely clean and refreshed.

## Why You Need It Now:

Cleansers can be harsh and drying. Makeup removers can be slick and greasy. But **Garnier SkinActive Micellar Cleansing Water** combines the best of both worlds—a cleanser and makeup remover in one that leaves skin refreshed—with no harsh rubbing or rinsing, in a generous 13.5 oz. bottle for under 10 bucks. #NoBrainer.

## PERFECTLY SIMPLE! THE THREE P'S OF ALL-IN-ONE CLEANSING.



1



2



3

Micellar water hasn't always been available in the U.S. When makeup artists would travel abroad they'd stash it in their suitcases and bring home to use on their clients here. When it comes to leaving skin soft and spotless, nothing beats the simplicity, versatility and effectiveness of **Garnier SkinActive Micellar Cleansing Water**. And now you don't need a passport to get it!

**1. POUR:** Saturate a cotton pad with **Micellar Water**.

**2. PRESS:** Draw pad across your face, applying gentle pressure to activate the micelles to draw away dirt, debris and makeup.

**3. PROOF:** When done, check the pad for proof of how clean your face really is!

# BEAUTY

## FIRE STARTER

What's hotter than a five-alarm red nail polish? You!

OPI Starlight Collection Nail Lacquer in Love Is in My Cards, \$9.50, ulta.com

## BAR METHOD

This block is loaded with pore-purging charcoal.

YES TO TOMATOES Activated Charcoal Bar Soap, \$5, Target

## WING WOMAN

Creating the perfect flick just got easier with this ultra-flexible felt tip.

L'ORÉAL PARIS Voluminous Superstar Liner, \$10, drugstores

## PIECE OUT

Work into damp strands for effortless second-day texture.

H&M Defining Moment Texture Paste, \$10, hm.com

## \$10, TOPS!

Budget-friendly buys that make you look (and feel) like a million bucks

BY LAUREN BALSAMO

DEFINING MOMENT  
TEXTURE PASTE  
PLIABLE HOLD  
LASTING VOLUME  
NET 5.07 FL.OZ

## THE RIPE STUFF

Our fave cure for the winter blahs? This fruity body wash.

THE BODY SHOP Strawberry Shower Gel, \$9, thebodyshop-usa.com

## THREE WAY

This shadow trio is all you need to create the sexiest stare ever.

ESSENCE COSMETICS Smokey Eyes Set in Smokey Night, \$3.50, ulta.com

## LASH APPEAL

Two coats give you a falsie effect in seconds, thanks to angled bristles that coat every last lash.

COVERGIRL Plumpify Mascara by blast-PRO, \$9, drugstores

## MATERIAL GIRL

A velvet finish takes cherry lips from classic to way cool.

REVLON Ultra HD Matte Lipcolor in Love, \$9, drugstores

## THE BALM

Sweep across your face for a matte, selfie-ready complexion.

E.L.F. Studio HD Mattifying Balm, \$6, elfcosmetics.com



# PREP & SHAPE PRO KIT BY BROW STYLIST

Lara Stone

[lorealparisusa.com](http://lorealparisusa.com)

**AN EXPERT KIT TO CREATE ANY LOOK**  
DEFINE YOUR BROWS, EXPRESS YOURSELF  
FROM ULTRA-POLISHED TO ULTRA-NATURAL, REDEFINE YOUR BROW  
PERSONALITY. 1. SHAPE WITH WAX FOR 12-HR HOLD. 2. FILL IN GAPS WITH  
COLORED POWDER. 3. STYLE WITH THE GROOMING BRUSH FOR A FINAL  
PERFECTING TOUCH. A COMPLETE BROW EXPERIENCE IN ONE KIT.

**BECAUSE YOU'RE WORTH IT.™**



NEW



TRY ON ENDLESS LOOKS INSTANTLY.  
DOWNLOAD THE MAKEUP GENIUS APP.

©2016 L'Oréal USA, Inc.

**L'ORÉAL**  
MAKEUP DESIGNER/PARIS™



A STRANGE PHENOMENON is happening among young women. Some of them look older than a Real Housewife, but you'll struggle to find a single wrinkle. Their skin is as smooth as a Madame Tussauds figure, cheeks as plump as Baby George's. Their pout? *Hello, Angelina*. While the intention was likely sexy, the caricature-like proportions look neither young nor old. Just strange.

To blame: too much dermal filler, a substance injected into the skin to smooth lines and boost volume. While FDA-approved fillers have been available and used predominantly by women over 40 since 1981, they now have a fan club among those who need them least—women in their 20s.

## WHAT'S HAPPENING TO WOMEN'S FACES?

Pricked, plumped, and puffed to perfection—some say it's sexy, others call it fillerexia.

BY JESSICA MATLIN

### The New Face of Filler

"The people who are coming to see me for filler now can be as young as 19," says Anne Taylor, MD, a plastic surgeon in Columbus, Ohio. According to stats from the American Society of Plastic Surgeons, filler usage among 20-somethings has spiked by nearly one-third since 2009 to more than 64,000 procedures in 2014. While injections aren't surgery, they can be painful... and pricey. So what's the appeal?



# COLOUR RICHE EYESHADOW

Zoe Saldana  
COLOUR RICHE EYESHADOW GRAND BLEU 211

[lorealparisusa.com](http://lorealparisusa.com)

ONE OBSESSION FOR COLOR EXPRESSION  
EXQUISITELY SMOOTH COLOR RICHNESS  
OUR 1<sup>ST</sup> GEL-TO-POWDER EYESHADOW. ULTRA-INTENSE PIGMENTS  
AND A SUMPTUOUS VELVETY-SOFT FEEL.  
**BECAUSE YOU'RE WORTH IT.™**



TRY ON ENDLESS LOOKS INSTANTLY.  
DOWNLOAD THE MAKEUP GENIUS APP.

©2016 L'Oréal USA, Inc.



**L'ORÉAL**  
MAKEUP DESIGNER/PARIS

Celebrities, according to every doctor interviewed for this article.

"Girls in my office have repeatedly said, 'I want lips like Kylie Jenner's,'" says Norman Rowe, MD, a New York City plastic surgeon.

"I'd be lying if I said she wasn't the inspiration," says Kara, 28, a Minnesota-based writer who got injections in both lips last year.

Like glossy hair or perfect abs, these hyper-smooth, sexualized features are seen as aspirational. And now, they're increasingly accessible.

## When Did Needles Become NBD?

One of the biggest reasons for fillers' popularity: ubiquity.

"There are more FDA-approved fillers on the market than ever," says Sachin Shridharani, MD, a Manhattan-based plastic surgeon, referring to products like Juvéderm Voluma, Restylane Silk, and Belotero Balance.

"Dentists, ob-gyns, and other medical professionals are offering fillers because they see how lucrative it can be," he says.

"I had my upper lip plumped by a physician's assistant," says Kim, 32. "I work at a pharmacy in Queens, and she did it for a bunch of the girls there."

To Dr. Shridharani, going to anyone other than a board-certified dermatologist or plastic surgeon for injectables is "about as wise as seeing me if you're having a heart attack." Last year, the FDA issued an alert about soft-tissue fillers. If they're improperly injected, potential side effects can be blindness and stroke, among others.

In the right hands, fillers are generally safe and increasingly less of a commitment. Certain older collagen versions required allergy testing (as they were made with animal by-products), and liquid silicone (which has never been FDA-approved for cosmetic purposes) is permanent. But today, most fillers are made with hyaluronic acid, a natural compound that usually dissolves between 6 and 12 months.

"It's the gold standard," says Dr. Shridharani. It has less potential

## HOW TO STAY SAFE (AND NOT LOOK WEIRD)

### DITCH YOUR CELEB INSPO

Requesting to look like a specific celeb can be a recipe for disappointment, says Dr. Shridharani. "Everyone's face is different, so it's not fair to compare," he says.

### AVOID CHIP-MUNK FACE

It's scary how many derms erase nasolabial folds (the lines that run from the sides of your nose to the corners of your mouth) by filling them out. Big mistake, says Patricia Wexler, MD, a New York City dermatologist. "It gives you a bloated look," she says.

### YOU WANT SOME CONTOUR

It's logical to equate roundness with youth, but overplumping looks artificial, says Dr. Wexler. "Less is more."

### IT'S ALL ABOUT BABY STEPS

Go easy on your first visit, says Dr. Shridharani. Do less than you planned, then come back if you need more, he says. If a doc tries to coax you into doing it all at once, move on. A pushy, time-pressed doctor is a red flag, he says.



TRUTH:  
FILLERS CAN  
HAVE AN  
ADDICTIVE  
NATURE.

for irritation, and mistakes can be "erased" with injections of a (pricey) enzyme. With its modern user-friendly rep, filler seems more like a throwaway beauty treatment than a risky medical procedure. And it doesn't hurt that many experts position filler like they do Botox: as preventative medicine. While Botox inhibits you from making the expressions that create wrinkles, some fillers are proven to help spur collagen production. Suddenly, a Big Ang-approved beauty regimen sounds almost sensible. No wonder filler has about as much stigma as getting your hair colored.

### Too Much of a Good Thing

There's a certain logic to filling the 40-plus crowd. "They've lost collagen and fat over the years, so they're looking for allover fullness in the face, sometimes lips," says Dr. Shridharani.

Here's the trouble: Some docs tend to use the same amount of filler on a young patient as they would on older ones, he says. What may be a bit of filler on a 60-year-old is "like a drop in the ocean," but on a 25-year-old? Chipmunk City.

Too much filler doesn't just make a young person look bizarre, it can also make her look older.

When someone's face has zero contour because it's practically inflated and her lips are pumped like bike tires, it looks, well, like *work*. Historically, "older women are the ones who get these procedures," says Dr. Shridharani, so we're conditioned to think someone with similar features looks middle-aged.

Of course, this OTT aesthetic isn't always an accident. Often enough, it's at the patient's request.

"For some, it's a status symbol," says Dr. Shridharani. "It shows you have your Louis Vuitton bag and your lips—obvious fillers can complete the look of affluence."

And for some patients, it can be a slippery slope. "The mind has an incredible way to recalibrate itself," says Dr. Shridharani. He often sees this with patients who get breast augmentation. After the initial procedure, they're on a high. Once their eyes adjust, the buzz wears off...and they want to go bigger. The same attitude applies to fillers, "which is why they have an addictive nature." Call it *fillerexia*.

His advice? Ask yourself if you're really upset with your natural face or if you're just chasing a trend. If it's the latter, "keep these procedures in your back pocket for when you've actually lost volume—they're not going anywhere." ■

# MATTE-MATIC BY INFALLIBLE

Bianca Balti

[lorealparisusa.com](http://lorealparisusa.com)

THE MOST PRECISE, ULTRA-MATTE LOOK.  
ELEGANT PERFECTION IN A SINGLE STROKE.

OUR 1<sup>ST</sup> AUTOMATIC LINER. WITH ONE CLICK AND ONE EASY STROKE, MATTE-MATIC MAKES YOU AN EXPERT. IN SOPHISTICATED MATTE SHADES OF BLACK, GRAY, NAVY OR BROWN. CREATE AN EFFORTLESSLY CAPTIVATING LOOK.

**BECAUSE YOU'RE WORTH IT.™**

**NEW** 4 ELEGANT MATTE SHADES



TRY ON ENDLESS LOOKS INSTANTLY.  
DOWNLOAD THE MAKEUP GENIUS APP.

©2016 L'Oréal USA, Inc.

**L'ORÉAL**™  
MAKEUP DESIGNER/PARIS

COME BACK FROM

THE  
5-MINUTE  
MAKEOVER

## An Ugly Cry

Chances are if Kim K. looks cray when she cries, so do the rest of us—and that's okay! Here's how to save face after a sob sesh at work, the bar, and beyond.

BY LAUREN BALSAMO



1

0:00 - 0:59

## TAKE A BREAK

Step outside, and take three deep breaths (bonus points for breathing in this aromatherapy oil). Then spritz your face with a hydrating mist to cool it down.

**JURLIQUE** Rosewater Balancing Mist Intense Limited Edition, \$65, Sephora; **NATUROPATHICA** ChillAromatic Alchemy, \$34, naturopathica.com



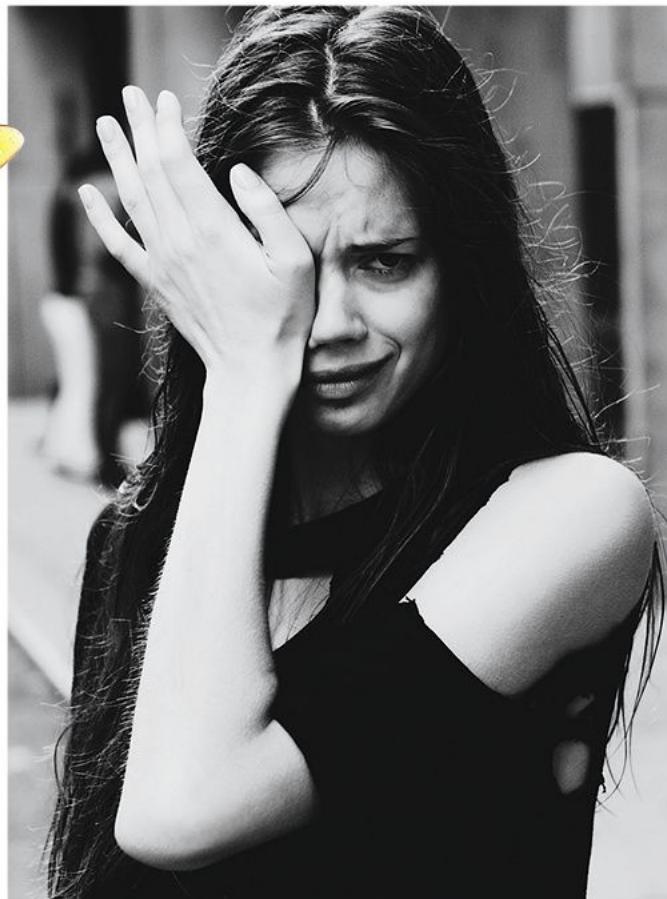
2

1:00 - 1:59

## CLEAN UP

Apply Visine to each eye, and let the drops soak and work their magic. Then grab cotton swabs to clean up runny mascara quickly (the ones here are filled with makeup-removing fluid).

**BAREMINERALS** On the Spot Eye Makeup Remover, \$5, bareminerals.com; **VISINE** Original, \$5, riteaid.com



3

2:00 - 2:59

## DE-PUFF

Wrap two ice cubes in a damp cloth, and press them over your eyes for 30 seconds. Follow with a caffeinated eye serum to constrict blood vessels.

**CLINIQUE** Pep-Start Eye Cream, \$27, Sephora



5

4:00 - 5:00

## FINISHING TOUCHES

Hide any lingering evidence with these tricks: flesh-color eyeliner on inner rims, navy mascara to brighten eye whites, and a swipe of bold lipstick for killer confidence.

**TARTE** Lights, Camera, Lashes Inner Rim Brightener, \$20, Sephora; **CLINIQUE** Chubby Lash Fattening Mascara in Massive Midnight, \$17, Sephora; **DIOR** Addict Lipstick in Riviera #639, \$35, dior.com



4

3:00 - 3:59

## REDUCE REDNESS

Crying causes capillaries to burst (cue redness). Dab on a yellow-based concealer to cancel out ruddiness, then blend with a damp makeup sponge or tissue.

**BEAUTY BLENDER**, \$20, Sephora; **NARS** Concealer in Pearl, \$25, narscosmetics.com



Barbara Palvin

BE YOUR OWN PRO AT  
[INFAILLIBLEPRO.COM](http://INFAILLIBLEPRO.COM)

## PERFECTLY SCULPTED CONTOURS IN 30 SECONDS

### THE NEW PRO LOOK OF CONTOUR

GO PRO WITH OUR 1<sup>ST</sup> SCULPTING PALETTE AND PRO-CONTOUR BRUSH. THE BLENDABLE HIGHLIGHT AND CONTOUR DUO CREATES LIGHT AND SHADOW FOR A BEAUTIFULLY DEFINED FACE ALL DAY.

**BECAUSE YOU'RE WORTH IT.™**



TRY ON THE INFAILLIBLE LOOKS INSTANTLY.  
DOWNLOAD THE MAKEUP GENIUS APP.

©2016 L'Oréal USA, Inc.



NEW

**L'ORÉAL**  
MAKEUP DESIGNER/PARIS

# TAKE A BEAUTY BREATHER

Just like any LTR, a little time away from a beauty treatment can make things even better. Try taking a break from...

BY LONI VENTI

**WHEN TO DO IT** Every two to three applications (more often for fine hair, less often for coarser hair), says Lisa Richards, cofounder of RPZL, an extensions salon in NYC. Stay natural for a week.

**DURING THE BREAK** Get a trim! Nixing splits is easier sans extensions. Shampoo every other day (massage that scalp!), and use oil-based masks (like Garnier Whole Blends Cranberry and Argan Oil Mask, \$7, drugstores), which are discouraged when extensions are in (they loosen glue).

## ...Hair Extensions

**Since extensions are so close to the scalp, it's tough to thoroughly cleanse it. This causes buildup and lack of follicle stimulation (which can prevent healthy hair growth). Also, the added weight can lead to thinning and breakage.**

## ...Eyelash Extensions

**Even the most careful technique can lead to a brittle (or sparse) natural fringe. Blame the weight of faux hairs plus heavy-duty adhesives that fuse semi-permanent extensions for a month.**

**WHEN TO DO IT** Every three applications, take a month off. That's about as long as your lash growth cycle, says Courtney Casgraux, cofounder of GBY Beauty, a lash and beauty bar in L.A.

**DURING THE BREAK** Use a strengthening serum. RapidLash (\$50, Ulta) nourishes lashes with vitamins and prevents breakage with peptides. Going out? Layer a fiber-packed primer (try Make Up For Ever's, \$21, makeupforever.com) under mascara to create a fuller, longer, faux-lash look.

## ...Gel Manis

**The gel isn't the problem—it's the removal process (even when done by a pro). It lifts layers, weakening nails over time, explains Madeline Poole, global color ambassador for Sally Hansen.**

**WHEN TO DO IT** After your third gel mani, take a two-week break, recommends Poole.

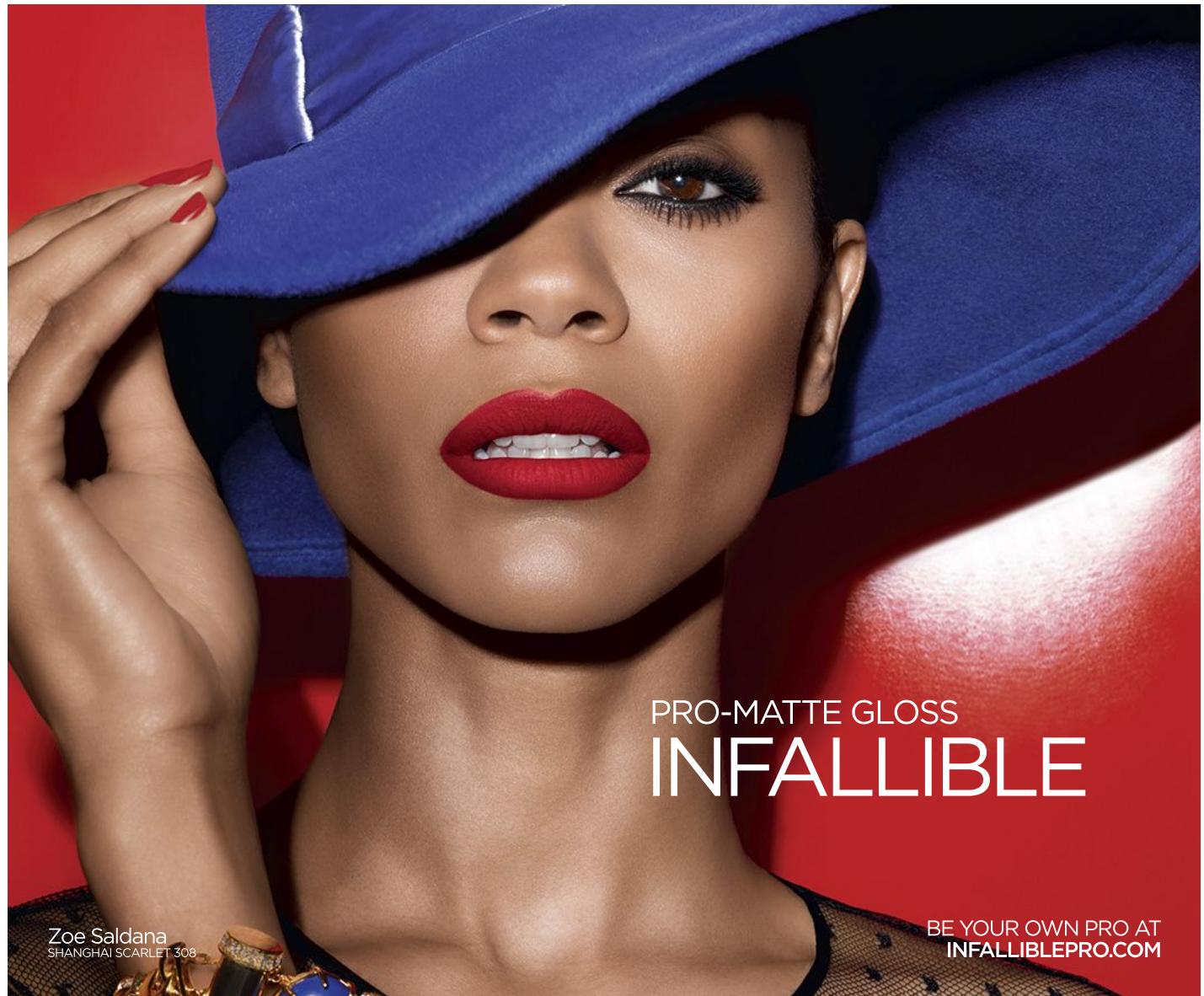
**DURING THE BREAK** Use a strengthening treatment like Sally Hansen Complete Care 7-in-1 Nail Treatment (\$13, drugstores), which infuses nails with its natural base: keratin. And keep jagged edges in check (they can snag and break).

**WHEN TO DO IT** Once a week, for at least four hours. That way, skin reaps the treatment benefits without interference.

**DURING THE BREAK** Cleanse with a power brush (like a Clarisonic Mia 1, \$99, clarisonic.com) to ensure pores are clean and free of dead skin. Then alternate between a peel (like Caudalie's, \$39, Sephora) and a mask (like GlamGlow ThirstyMud, \$69, Sephora) every other week.

## ...Makeup

**If your face is bare when you hit the sack (aka, when your body is in skin-repair mode), you're in good shape, explains Meghan O'Brien, MD, dermatologist for Physicians Formula. But taking a day off gives you time to use masks or peels to speed up cell turnover, which reveals a fresher face.**



# PRO-MATTE GLOSS **INFALLIBLE**

Zoe Saldana  
SHANGHAI SCARLET 308

BE YOUR OWN PRO AT  
[INFAILLIBLEPRO.COM](http://INFAILLIBLEPRO.COM)

## HIGH IMPACT COLOR, VELVET MATTE FINISH A PRO-MATTE REVOLUTION

INTRODUCING OUR 1<sup>ST</sup> WHIPPED MATTE GLOSS. INTENSE HIGH PIGMENT SHADES CREATE LASTING MATTE COLOR. LUSH VELVETY TEXTURE FEELS ULTRA SOFT, FOR ALL-DAY COMFORT. GO MATTE TO THE MAX.

**BECAUSE YOU'RE WORTH IT.™**



TRY ON THE INFALLIBLE LOOKS INSTANTLY.  
DOWNLOAD THE MAKEUP GENIUS APP.

©2016 L'Oréal USA, Inc.

**L'ORÉAL**  
MAKEUP DESIGNER/PARIS

# LOVE LETTER TO MY LABIA

Comedian **Nikki Glaser** was so insecure about her lady parts that she considered going under the knife. But she's come a long way.



**"MOM! NIKKI HAS A PENIS!"** My little sister shrieked through giggles as she pointed between my legs. We were taking what I'd decided would be our last bath together. I closed my knees and slapped her.

I was 11, and this was the first time I remember feeling insecure about my vulva, which from this point forward I will incorrectly refer to as my vagina to keep from sounding like a textbook. Before that, it was a thing I peed from that stung when I got soap in it. Now it was a burden.

I looked into the bathwater. It wasn't a penis, but I could see what she was talking about—that wrinkly bump thing that resembled a flesh-colored Slimer from *Ghostbusters*. The technical term is *clitoral hood*, which sounds like what my clitoris would wear if it were robbing a liquor store.

My mom arrived on the scene. "Oh, Lauren, be quiet!" was all she said, which to me, sounded like, "Oh, Lauren, we all know about Nikki's secret penis!"

The sting of shame that followed that bath was soon replaced by the collage of insecurities I pasted on top of it. By the time I was in high school, there were too many other things to hate about my body (frizzy hair that refused to straighten like Jennifer Aniston's, inexplicably muscular calves) for me to focus solely on this thing between my legs. I looked at it like my armpit: I wasn't eager to show it off or have someone touch it, and it often felt damp for no reason.

In college, with the haphazard consumption of well vodka, I started creeping around the bases, and it seemed inevitable that a boy might finally come into contact with the thing that I couldn't even remember if I should hate or not. Because

as my motto at the time went: "If you can't compare yourself to others, then how do you know if you're allowed to like yourself?" I once caught a glimpse of my mom's vagina, but it looked like the Wolf Boy I had seen on *Ripley's Believe It or Not!* I needed to see ones like my own, where the foliage was sparse enough that you could make out what was happening on the forest floor.

It was around this time that I started doing stand-up, listening to comedians' albums nonstop, trying to learn everything I could about comedy. Soon, I would also learn something about myself: My vagina was gross and undesirable.

I remember the exact moment it happened. I was listening to the newest Dane Cook album. He declared that one of his turn-offs was girls "with a lot of lips." My ears perked up. Why are people laughing? "I don't like when it looks like a box of cow tongues." More laughter. I couldn't help but feel victimized by this joke, even there in the privacy of my own bedroom.

I pulled down my shorts and stared it down. Yep, I saw some tongues. Not cow tongues, but puppy-dog tongues. The bit kept going. He related going down on a girl to getting lost in "a high school play curtain." The crowd exploded. Shame fell over me.

I spent the next hour feverishly Googling *vagina lips*. Some were shorter, some were longer than mine, some were two different lengths. And sure, some did look like mine, but those vaginas were always the "before" photo. And to the right was the "after" vagina, which looked tidy and bare. That was the one I wanted. What I needed was a labiaplasty. The surgery of my destiny, I thought. Just a quick snip-snip and my vagina

would be acceptable to society. (Or at least to Dane Cook!)

I decided right then that as soon as I could afford it, I'd have it done. And so with my newfound confidence in the future vagina I would one day curate, I felt more comfortable talking about the one I currently loathed.

One tipsy night in college, I told my two closest girlfriends, let's call them Cara and Kaitlin, that someday I planned to have surgery. They were confused. Like the old me, they didn't know that having longer labia meant that you were an unlovable aberration. Oh, how I would enlighten them! They would soon understand my plight.

We headed to the bathroom. I whipped down my pants first. "See!" I pointed. "Look how gross they are!" I pulled them as long as they would stretch. Cara screamed. "That's what mine look like normal!" She quickly dropped trou. She was right—they were longer. She started panicking.

To make matters worse, Kaitlin pointed at herself and asked, "Guys, is mine weird?" It wasn't. It was perfect. It looked like a paper cut. "Fuck you, Kaitlin!" we yelled together. Cara was shaken. I realized that in an attempt to make myself feel better about my vagina, I had ruined hers.

Before I could pull up my pants, Cara was calling her ex-boyfriend.

"Steve? It's Cara. I have a question. Do I have long labia?"

We waited.

She repeated the question. By this time, we had gathered around her cell phone to hear the verdict.

"I mean, I guess," he stammered.

Cara prodded. "The longest you've been with?"

"Yeah."

More silence.

"Is that a bad thing?"

"I mean...it is what it is."

And with that response, she hung up. We laughed until we cried...or maybe we cried until we laughed. It was a defining moment for all of us.

In the years that followed, I avoided letting anyone touch me down there. The night I was finally first fingered, I held my breath waiting for his reaction. But there wasn't one. He didn't seem deterred. Neither did the next guy.

Sure, I still hear men talk disparagingly about vaginas. A guy I dated described his ex's vagina as "stroke pussy" (I know how to pick 'em!) because one lip was longer than the other. I'm sure his current girlfriend knows me as "Rolodex pussy," but I don't care. He was lucky I ever let him search through it.

I still do not love my vagina. *Love* is a strong word. I like it. I will give it a friendly nod when I see it in the shower. I no longer want to chop it off, and for that, I am proud.

A couple of months ago, I mentioned to my boyfriend of three years that at one point in my life, I had considered cutting off my labia. He was mystified. "Why would you want to do something like that?"

"Because I thought they were long and gross."

"That's insane. You have the best vagina going. You know that, right?"

"It is what it is." ■

Nikki Glaser's new Comedy Central show, *Not Safe With Nikki Glaser*, airs February 9.



flirt  
with  
red  
& kiss commitment  
goodbye

Natural Instincts is shiny,  
healthy looking color that  
only lasts 28 washes.

No harsh root-line.  
No ammonia.  
No strings attached.  
No wonder it's the  
#1 semi-permanent color.\*

Commitment Free Color

Try it and  
#FlirtWithColor

natural  
instincts

C L A I R O L

\*based on P&G internal calculation for sales volume ©2015 P&G



EDITED BY  
SARA AUSTIN &  
DANIELLE McNALLY

# Kick- Start Your Best Year Ever!

YOU MADE THE  
RESOLUTION,  
NOW REAP THE  
REWARDS. JILLIAN  
MICHAELS, CELEB  
TRAINER AND STAR  
OF *JUST JILLIAN*,  
DESIGNED THIS  
PLAN TO HELP  
YOU FEEL EFFING  
AMAZING IN 2016.

BY DANIELLE McNALLY

SWIMSUIT, *Norma Kamali*, \$240, similar styles at [normakamali.com](http://normakamali.com). LEGGINGS, *Pheel*, \$96, [pheel.com](http://pheel.com)

PHOTOGRAPHED BY JAMES WHITE  
FASHION EDITOR: ADAM MANSUROGLU

KICK-START YOUR ATTITUDE

## CRAFT THE ULTIMATE INSPO BOARD

Stop beating yourself up for the things you didn't do last year, and start focusing on what you'll achieve in 2016. Step 1: Become your hottest, healthiest self. "Strength is transcendent. If we feel physically powerful, we feel powerful in every facet of our lives," says Michaels. Along with some fitspo, tack up pics that depict career aspirations, loved ones who rely on you, and causes you want to lend energy to. When your couch is calling or you're not seeing results, the board acts as a sweet reminder of all the reasons to put in the work.



KICK-START YOUR MOTIVATION

## LIST THE WAYS FITNESS WILL IMPROVE YOUR LIFE—MORE CONFIDENCE, SEX WITH THE LIGHTS ON, SKINNY JEANS—THEN TACK UP COPIES ON YOUR FRIDGE OR BY THE TV.

**"DSquared2 are my favorite jeans. They are painfully expensive though, so I only let myself buy a pair as the ultimate reward for a goal I've accomplished."**

JILLIAN AND HORSE: CHRISTOPHER AMERUOSO. PERSONAL PHOTOGRAPHS COURTESY JILLIAN MICHAELS. BACK LEFT: JON DUARTE/CORBIS. ALL OTHERS: GETTY IMAGES (10).

# WHAT DOES LIFE LOOK LIKE DURING YOUR PERIOD?

#LooksLikeThis

Life looks great  
with Tampax Pearl.  
Its Built-In Backup™  
..... Braid gives you  
**the best protection\***  
at home and on-the-go.

**TAMPAX**

**power**  
OVER PERIODS™



\*among regular absorbencies

KICK-START YOUR STRENGTH

# The Sexy Allover Workout

To maximize weight loss, Michaels recommends pairing weights (go 5ish pounds heavier than usual) with non-stop movement. The combo builds lean muscle and burns fat—even once you're curled up reading the latest Gillian Flynn. Three nonconsecutive days a week, perform each move for one minute back-to-back. Rest one minute. Repeat for four rounds total.



KICK-START YOUR MOTIVATION

PICK AN ACTIVITY IN THE BEDROOM THAT YOU WANT TO TRY BUT HAVE FELT SELF-CONSCIOUS ABOUT. SET A DEADLINE TO DO IT WITH YOUR HONEY.



## 1 FOR HEAD-TO-TOE TONING

Stand with feet hip-width apart, arms at sides. Drop into a crouch, hands on the ground in front of you, wrists under shoulders. Jump feet back to high-plank position. Bend elbows, lowering into a push up [A]. Straighten. Jump feet forward, then jump up in the air, raising arms overhead [B].

**GETTING WARMER** Before you train hard, spend five minutes doing PE class-style dynamic stretches: butt kicks, toe taps, arm circles, hip circles, and cat/cow.



## 2 FOR YOUR ARMS

Stand with feet shoulder-width apart, left foot forward, right foot back. Bend elbows, holding hands in fists at chin [A]. Twist left hip and shoulder as you punch left arm forward at shoulder height. Immediately draw back left fist, then repeat with opposite arm [B]. Continue, alternating sides.

**QUICK PICK** On non-strength days, do some blink-and-you'll-miss-it cardio to torch calories: Row 1,000 meters, run 1 mile, or bike 5 miles as fast as you can. That's it!



WORKOUT IMAGES: ERIC LARSON; SALAD: GETTY IMAGES; WING: PAUL SIRISALEY/SHUTTERSTOCK.

OPPOSITE PAGE:  
SPORTS BRA,  
*Splits59*, \$58,  
[splits59.com](http://splits59.com).  
LEGGINGS, *Vimmia*,  
\$102, [revolveclothing.com](http://revolveclothing.com).  
SNEAKERS, *Nike*,  
\$100, [nike.com](http://nike.com).  
THIS PAGE: SPORTS  
BRA, *Heroine Sport*,  
\$95, [heroinesport.com](http://heroinesport.com). LEGGINGS,  
*Ultracor*, \$198.  
BANDIER SNEAKERS,  
*Nike*, \$100, [nike.com](http://nike.com).



KICK-START YOUR DIET

## FIVE RULES FOR EATING WELL IN 2016

### 1. AVOID SUGARY DRINKS

Sodas, juice, and sports drinks send insulin levels through the roof. Worse, they don't contain the fiber, protein, or fat needed to slow the sugar rush to your blood. "Basically, they're 150 calories of garbage," says Michaels. She has water infused with cucumber, lime, or passion fruit instead.

### 2. SPACE OUT YOUR MEALS

Instead of constant grazing, eat every three or four hours—breakfast, lunch, a snack (200 calories or fewer of whole grains, protein, or produce), and dinner. This keeps blood-sugar levels stable, which helps control cravings and prevents overeating.

### 3. EAT UNLIMITED VEGGIES

Have a serving ( $\frac{1}{2}$  cup or more) in at least two meals a day, and go for lots of leafy greens, like spinach, kale, and Swiss chard. "They're low in calories, high in fiber, and packed with nutrients that support metabolic function," says Michaels. She likes to blanch or microwave hers, then serve with olive oil and garlic.

### 4. SAY BYE TO FRIED

"Try to cut out fried foods, period," she says, noting that they're terrible for your heart and waistline. Try baking fries, broiling chicken, or pan-searing fish. Add spices or light sauces, like Sriracha or miso, to offset the loss of sweet, sweet grease.

### 5. SKIP BOOZE FOR A MONTH

"No fun, I know," admits Michaels, "but alcohol can inhibit fat burning by up to 73 percent. Try teetotaling for 30 days—it may help you lower your overall intake in the long run."



NO WINGS IN YOUR BELLY, NO WINGS ON YOUR ARMS.

KICK-START YOUR MOTIVATION

FIND AN EXERCISE CLASS OR SPORT THAT'S SOCIAL AND FUN. NOW, BUY A PACKAGE OR JOIN A LEAGUE. YOU'LL FEEL OBLIGATED TO GO BECAUSE YOU ALREADY SPENT THE CASH. THEN ASK A FRIEND TO MEET YOU THERE FOR EXTRA ACCOUNTABILITY.



**TUNE IN** Catch Cosmo on Michaels' new reality show, *Just Jillian*, premiering Tuesday, January 19 on E!

*"I love a backpack. They're easy to throw over your shoulder or toss in your gym locker."*  
MZ WALLACE metro backpack, \$245, [mzwallace.com](http://mzwallace.com)

## 3 FOR YOUR LEGS

Stand with feet hip-width apart, arms extended at shoulder height in front of you. Step left foot back and bend knees, lowering into a lunge [A]. Jump up [B], switching legs in the air, and land in a lunge with left leg forward, right leg back. Continue, alternating sides.

### STRETCHED THIN

One day a week, add Pilates, yoga, or barre to your calendar to help maintain flexibility.



**NEVER MISS A WORKOUT AGAIN**  
Peek inside Jillian's gym bag for gear that gets you going.

*"I will literally go home if I don't have my music and my headphones. I'm obsessed with these."*  
BOSE SoundLink wireless headphones, \$280, [bose.com](http://bose.com)



*"Strava is my favorite app. It tells me how fast I'm going or how far I've gone."*  
STRAVA Running and Cycling, free, App Store and Google Play



## 4 FOR YOUR BUTT

Stand with feet hip-width apart, arms in front of you, holding a dumbbell in each hand, palms facing body. Lean forward with back flat, and lower dumbbells below knees [shown]. Return to start, engaging glutes as you stand.

**PRIZE PACK** Set daily, weekly, and monthly goals with rewards that fit what you accomplished. Run 15 seconds faster? Snag some sparkly hair ties. Hit your ideal weight? Buy that LBD.

## 5 FOR YOUR BACK

Stand with feet hip-width apart, knees soft, and arms in front of you, holding a dumbbell in each hand, palms facing body. Lean forward with back flat. Bend elbows, lifting weights to chest [shown]. Lower.

**REST UP** Keep one day a week free of exercise so your muscles can repair. Head directly to your couch.

*"So good at getting all the sweat and crap off my face post-workout!"*  
ARCONA Triad cleansing pads, \$35, [arcona.com](http://arcona.com)



### KICK-START YOUR MOTIVATION

**LOOK IN THE MIRROR—NOT TO PICK YOURSELF APART BUT TO APPRECIATE YOUR WORTH. WORK OUT BECAUSE YOU LOVE YOUR BODY, NOT BECAUSE YOU HATE IT.**

# FOOD BUZZ

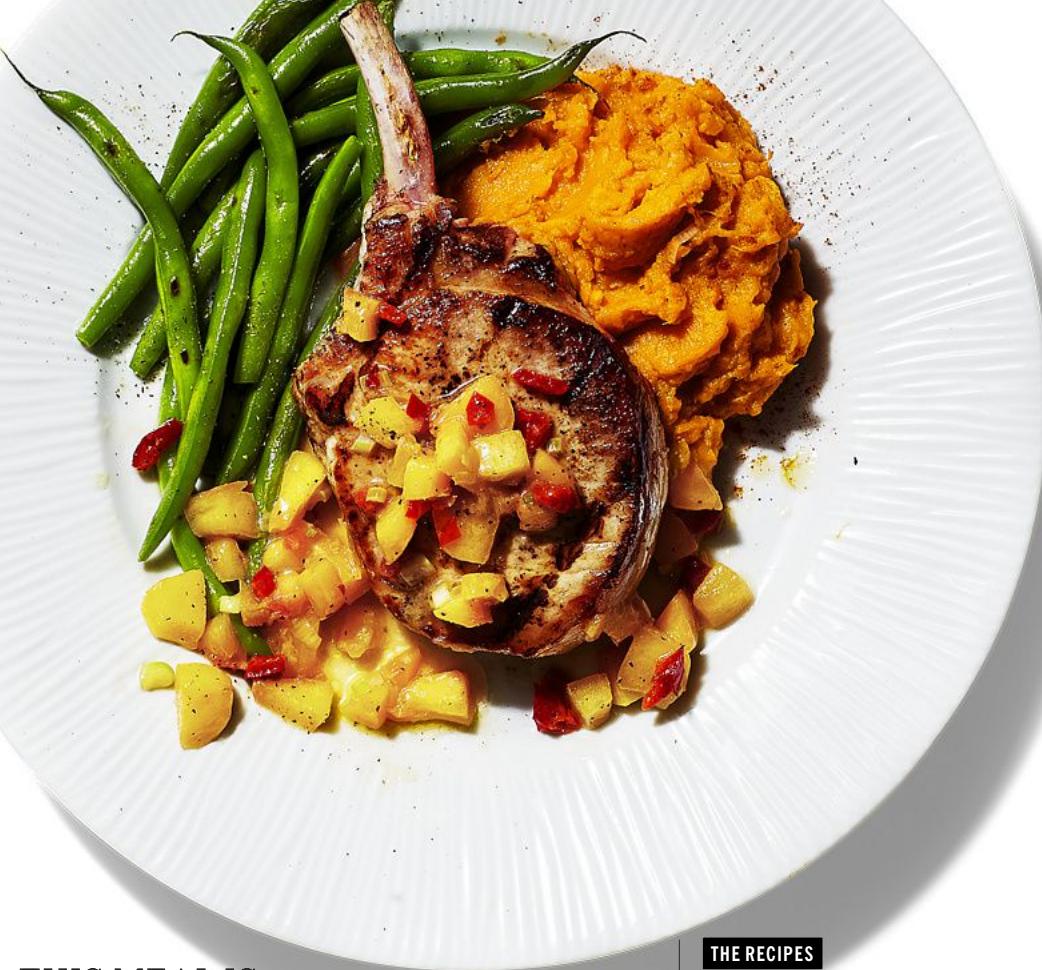


EATING ON  
THE GO?  
MAYBE NO.

## SIT, GIRLS, SIT!

Grabbing a bar or smoothie saves time but—*wuhoh*—could wreck your waistline. In a new study, dieters who ate while walking had more sweets (and up to 242 percent more calories on average) later on than those who weren't on the move. Eating and walking may make it seem okay to overindulge since all that motion burned hella calories, right? Wrong. Even if your meal is portable, savor it.

—K. ALEISHA FETTERS



YES, THIS MEAL IS

# FEWER THAN 500 CALORIES!

Low-cal dinners don't have to be blah or leave you hungry. Chef Karla Williams of South Carolina's Hilton Head Health knows the formula: a lean protein (here, a pork chop), a flavorful condiment (peach chutney!), and tons of veggies.

## THE RECIPES

### For the Pork Chop

Rub salt and pepper into a 6½ oz. bone-in pork chop. Grill 3 to 4 minutes on each side. Finish in a 425-degree oven for about 4 minutes.

### For the Sweet Potatoes

Poke 1 to 2 sweet potatoes with a fork, then microwave for 6 to 8 minutes, flipping once. Cool. Peel. Using a mixer, puree, then mix with a pinch each of salt and cayenne. Serve ½ c.

### For the Green Beans

Heat ¼ tsp. olive oil in a sauté pan over medium-high heat. Add 15 green beans; sprinkle with salt and pepper. Sauté 3 to 5 minutes or until al dente.

### For the Chutney

In a sauté pan, cook ¼ c. peaches, diced, with 1 T chopped red pepper, ½ tsp. butter, and 2 tsp. apple-cider vinegar over medium-low heat for 5 to 7 minutes or until al dente.

—DANIELLE McNALLY

## Know Your Sweeteners

Yay, you're cutting down on sugar! But are the alternatives any better? Here's when to pick what.

### SPLENDA

Aka sucralose, it's calorie-free but about 600 times sweeter than table sugar, which may screw with your palate and up cravings. Best for drinks... keep it to a few packets.

### HONEY

It contains more carbs and calories per teaspoon than standard sugar. In good news, it's also got minerals and antioxidants. Best for hot beverages, yogurt... drizzle on 1 tsp.

### COCONUT SUGAR

Expensive (we've spotted it at more than \$6 per lb.), but you get minerals, B vitamins, and antioxidants. Best for baked goods... swap 1-for-1 with sugar.

### AGAVE NECTAR

It won't spike your blood sugar as much, but warning: Per teaspoon, it has more calories than sugar and more fructose than HFCS. Best for cocktails... stir in 1 tsp.

### SUGAR IN THE RAW

Not that different from table sugar, but it does contain trace amounts of calcium and potassium. Best for crusts, toppings... stick to 1 tsp. —K.A.F.



EMILY KATE ROEMER/STUDIO D FOOD STYLIST: MARIA DEL MAR SACASA, PROP STYLIST: ALMA MELENDEZ, FROM TOP: BETH STUDENBERG/THE LICENSING PROJECT.COM; LUCAS ZAREBINSKI/THE LICENSING PROJECT.COM

# Reach for RELPAX Savings

Talk to your doctor about whether prescription RELPAX® (eletriptan HBr) is right for you.

With the RELPAX \$10 Co-pay Card,\* you may pay less than you would for a generic prescription.†

\*Terms and Conditions apply. Please see below.



## Download a co-pay card today at [RELPAXsavings.com](http://RELPAXsavings.com)

<sup>†</sup>According to IMS data from June 2015, the average co-pay for generic prescriptions on commercial health plans ranges from \$9.45-\$18.55. Products may not be comparable with regard to efficacy or safety. Products may also have different indications.

### Terms and Conditions

By using the RELPAX \$10 Co-pay Card, you acknowledge that you currently meet the eligibility criteria and will comply with the terms and conditions described below:

- Co-pay cards are not valid for prescriptions that are eligible to be reimbursed, in whole or in part, by Medicaid, Medicare, or other federal or state healthcare programs (including any state prescription drug assistance programs and the Government Health Insurance Plan available in Puerto Rico [formerly known as "La Reforma De Salud"]).
- Co-pay cards are not valid for prescriptions that are eligible to be reimbursed by private insurance plans or other health or pharmacy benefit programs that reimburse you for the entire cost of your prescription drugs.
- Patients must be 18 or older.
- By using a co-pay card, a patient may pay only \$10 per prescription. Savings provided by each co-pay card are limited to \$100 per month. Each co-pay card may be used once per month for twelve (12) months. Provided you continue to meet the eligibility criteria, you may be eligible to receive a second co-pay card during the offering.

- Each patient is limited to one active co-pay card at a time during this offering period and the co-pay cards are not transferable.
- You must deduct the value received under this program from any reimbursement request submitted to your insurance plan, either directly by you or on your behalf.
- The co-pay card cannot be combined with any other rebate or coupon, free trial, or similar offer for the specified prescription.
- **The co-pay card will be accepted only at participating pharmacies.**
- **The co-pay card is not health insurance.**
- This offer is good only in the United States and Puerto Rico.
- Pfizer reserves the right to rescind, revoke, or amend the co-pay card without notice.
- Offer valid from 4/1/11 to 12/31/17. No membership fees apply.

For help with the RELPAX \$10 Co-pay Card, call 1-800-926-5334, or write: Pfizer, ATTN: RELPAX, PO Box 2225, Morrisville, PA 19067-8025. [www.pfizer.com](http://www.pfizer.com) You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.



RSE771711-01

© 2015 Pfizer Inc.

All rights reserved.

Printed in USA/August 2015



**RELPAX®**  
(eletriptan HBr)

Planning a literally delicious hookup? Here's how to *bone* appetit safely.

#### CHOOSE YOUR LUBE.

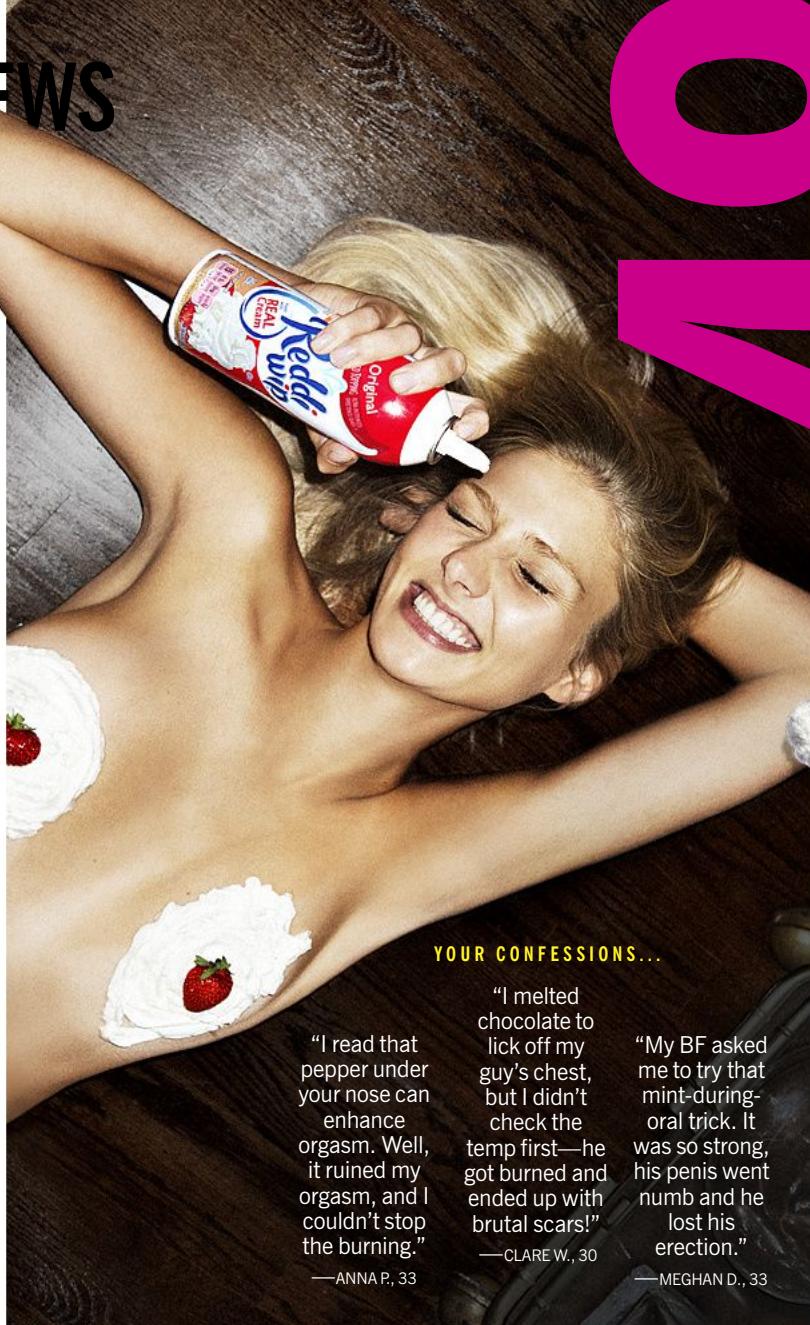
Coconut oil is a natural lubricant and moisturizer, but don't pair it with latex condoms—it can cause them to break, warns ob-gyn Jen Gunter, MD. In fact, if you're using condoms, steer clear of any food down there. "There's no data on what affects the integrity."

#### DO NOT ENTER.

Phallicly shaped food should not be inserted inside the vagina, says Dr. Gunter. Even after washings, "produce can carry soil remnants, bacteria, or fungus that can cause infections. Also, bits of food can get lost and decompose inside you." Ew.

**CLEANUP ON AISLE YOU!** Syrup and honey are great for licking off each other, but give yourself a good post-coital cleaning. Sugary substances left around the vagina could cause yeast infections. Worried you got a little inside you? Urinate to push any sugar out of the urethra, then wash the vulva with water and gentle soap.

—LISA FREEDMAN



PERCENTAGE OF U.S. WOMEN WHO GAIN TOO MUCH WEIGHT WHILE PREGNANT. ADDING 25 TO 35 LBS IS GENERALLY HEALTHY.

SOURCE: AMERICAN JOURNAL OF OBSTETRICS & GYNECOLOGY

## Ask Dr. Ashton

I've seen some woven reusable tampons on Etsy—are they safe to use?

These tampons are cute (they make me want to start knitting!) but, I'm sorry to say, a bad idea. In order for them to be safe, you'd need to wash the tampons (likely with bleach to kill the bacteria) and dry and store them appropriately. Since these products haven't been evaluated by the FDA or a similar organization, we don't know what that regimen would entail. Until we do, using and reinserting one could put you at risk for an infection.

SOURCE: JENNIFER ASHTON, MD, OB-GYN AND SENIOR MEDICAL CONTRIBUTOR FOR ABC NEWS

# FOOD SEX FAILS! (and how to avoid them)

**NO,** ABORTION ISN'T REVERSIBLE. You may have heard that women abortion can be reversed with hormones. Not true! Here's the 411: The "abortion pill" is actually two pills. The laws were spurred largely by one uncontrolled study of six women who took the first pill, mifepristone, followed by shots of progesterone beginning within 72 hours. Four remained pregnant. Yet without the second pill, misoprostol, medication abortion often fails anyway. Unorthodox injections could be risky, so visit PlannedParenthood.org for accurate info. —CAITLIN MOSCATELLO



Dermatologist  
Recommended  
for Scars and  
Stretch Marks.

GfK, 2014



"I bought some Bio-Oil not so long ago. My baby son is now 5 months old and I've been using Bio-Oil since he was 3 months, as I had a caesarean. I also developed two stretch marks in my pregnancy, which had gone quite dark. I've really noticed a marked difference and am very satisfied with Bio-Oil. My stretch marks have reduced in colour intensity by about 80% and the scar from my caesarean feels supple and soft, and smaller too. So that's 10 out of 10 from me!"

Anna Claeys

# HOW TO STAY

HIPS DON'T  
LIE: OUR  
CURVES MAY  
SET US UP TO  
GET HURT.



Injuries from high school sports can pop up in your 20s and beyond—but it doesn't have to mean you're sidelined forever.

BY ASHLEY ROSS

**I WAS ONLY 23**, but my hips belonged in an old age home. My left leg gave out when I stood up, running three miles left me limping, and having sex resulted in groans of pain, not moans of pleasure. I was diagnosed with a femoroacetabular impingement—the ball of my hip wasn't gliding smoothly in its socket, causing a sharp pain. Then an MRI found a stress fracture in my pelvis.

My injuries, doctors told me, were a result of years of athletics growing up. I'm like many women in their 20s and 30s who were raised on Mia Hamm and Kerri Strug. We played hard then, and we're paying for it now.

I am my worst self without a workout—restless, scatterbrained, sulky—but I took a break. Yet, no matter how long I rested or how much physical therapy I did, it still hurt. After two excruciating years, I decided to undergo surgery. Once I came to, I learned that the pain was connected to yet another issue: a tear in my labrum, the ring of cartilage around my hip socket.

I spent the next few months in rehab. Now, two years later, I play in a flag-football league, regularly run five miles, and dance all night in heels. Recovery wasn't easy; it was made harder by snickers and insults from people who heard I had hip surgery at 25, calling me Grandma and scoffing at complaints they assumed were overblown.

In fact, labral tears like mine more commonly affect women, perhaps because the bones of our hip joints are more likely to be misaligned. And

# IN THE GAME

stress fractures occur more often in girls than boys, and particularly in girls with low BMI, late menstruation, or experience in gymnastics and dance. Ditto ACL tears. Certain movements—landing, pivoting, cutting—can be harder on a woman's body. We're built differently. Typically, a woman's pelvis is wider and shallower, the space between her knees more narrow. "Wider hips mean wider angles," says David Jou, the physical therapist who treated me. "There's more room for error."

Injuries from adolescence, even simple ones like sprained ankles, can cause problems later on. Many who suffer sprains develop chronic ankle instability. The pain causes them to move less in general, which can potentially be a "substantial health risk," according to a 2015 study conducted at UNC at Charlotte, since inactivity is associated with the development of chronic diseases.

My injury was never tied to a specific fall in soccer, rough landing in gymnastics, or quick cut in basketball, all sports I played from toddlerhood through high school. But my doctor, William Long, MD, an orthopedic surgeon in New York, believes the damage could be linked to my aggressive athleticism. "Wear and tear creates problems later," he says. "You have only one set of cartilage."

Women and men often react to injuries differently, says Jonathan Fader, PhD, a sports psychologist. Some of it can be blamed on gender stereotypes in sports. "In my experience, women act tougher and don't listen to their bodies so as not to be a 'weak woman,'" he says. Dr. Long agrees, saying that he sees women put off addressing injuries more than men do. But they need to be taken care of now so they don't crop up again later.

Lindsey Williams hurt her hip playing basketball in high school. She hit the court with a vengeance after treatment—eventually landing on the Yale team—but continued to suffer a cascade of injuries. At 19, her doctor said she had the knees of a 45-year-old. She quit hoops. "It was the hardest thing, but the best decision for my body," says Williams, now 27. "I can work out pretty consistently, although I'm the dork in two knee braces."

**NONE OF THIS** is to say that teenage girls should stop playing sports or that former female athletes—collegiate or recreational—should forgo fitness in their 20s. In fact, it's likely in their best interest to hit the gym regularly...as long as they choose activities wisely and listen to their bodies.

Jordyn Wieber won Olympic gold in gymnastics in 2012 with a stress fracture in her shin (thanks, adrenaline). Today, Wieber has a better grasp on the importance of self-care. "When an injury rears, I know right away to ice or rehab it to make sure I can still do the types of workouts I want to do, like SoulCycle and 10Ks," she says.

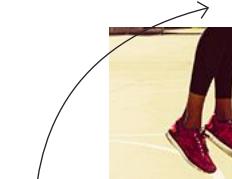
Alternating between workouts that are high-impact (running, dance) and low-impact (cycling,

swimming) and rest days can help ensure you aren't sidelined. And you might want to head to an Ab Lab class: "If there's an injury in a limb, chances are, there's an imbalance in the core," says Jou.

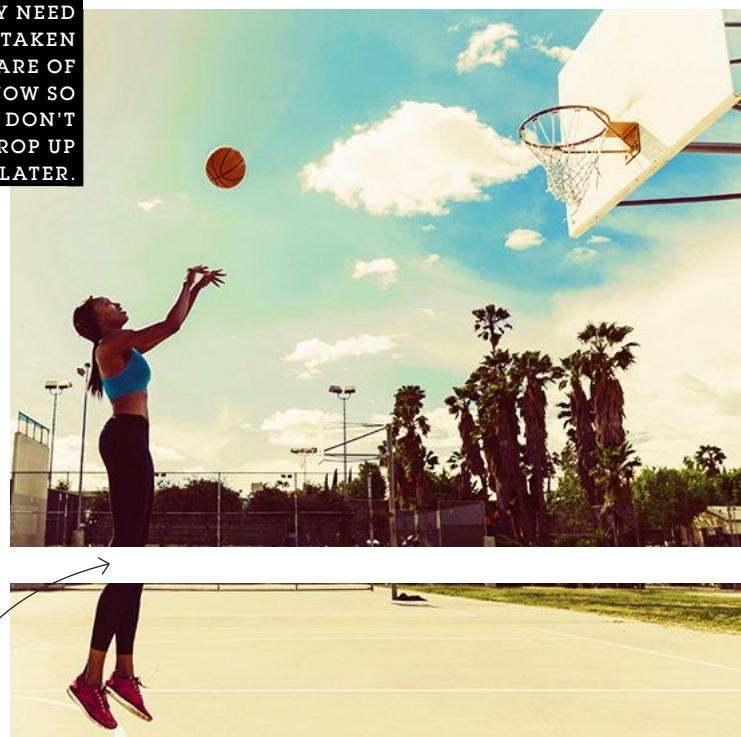
To find imbalances, Jenn Seracuse, trainer to models like Alessandra Ambrosio, suggests these two tests: Get on all fours, then lift one arm and the opposite leg and see how wobbly you are; repeat on the other side. You'll likely notice a difference. Second, squat deep, keeping your chest up. Knees falling in or out, weight shifting to one side, heels lifting up, and the pelvis tipping forward are all signs something could be off.

"Do more single-sided exercises," Seracuse suggests. "Start on your weaker side. Do as many reps

WOMEN  
PUT OFF  
ADDRESSING  
INJURIES  
MORE THAN  
MEN DO. BUT  
THEY NEED  
TO BE TAKEN  
CARE OF  
NOW SO  
THEY DON'T  
CROP UP  
AGAIN LATER.



THE SAME  
MOVEMENTS—  
PIVOTS,  
CUTS—CAN  
HIT A WOMAN  
HARDER  
THAN THEY  
DO A MAN.



of the exercise—say, lunges—as you can with good form, then mimic that on the stronger side."

Imbalances can be exacerbated by a sedentary lifestyle. Sitting dormant at a desk, then going into a tough workout cold can be a recipe for injury. Even if it's barre instead of basketball or a jog and not track practice, the body needs adequate prep and recovery. Says Jou, "Every time you exercise, spend 10 to 15 minutes before or after for warm-up, cooldown, and stretching." And try to avoid staying still all day. "Set a timer at work to change positions, stand up, or take a walk. Do quad and hip-flexor stretches while watching TV."

It's not that women are going too hard, Jou says, or that the potential for injury is an excuse to avoid activity. Work out as hard or as easily as you like, just have the right mind-set: "Prepare more. Work hard, play hard, recover harder." ■

# He's Losing Weight.

## I Can't Stand It.

What happens when half a couple starts getting fit alone?

BY PAULA DERROW

I AWOKE TO the sounds of my guy moaning and panting. With one eye, I glanced at the clock: 6 a.m. I let out a moan myself. It used to be that Randy, naturally an early bird, would humor me, lingering in bed so we could snuggle, have pillow talk (and sex), then drift off again, intertwined. Now, he spends mornings doing an intensive strength workout—a CrossFit of his own making—and follows a modified fasting plan, skipping breakfast and avoiding carbs at dinner in an attempt to shed some extra flab. The panting is not his hot breath in my ear but his efforts as he executes a series of bicep curls and bench presses from our coffee table.

He's not fat—far from it—but he is 10 pounds heavier than he was when we met. I've also put on pounds since we got together. And I know I could join in his program. But right now, the only willpower I have is sticking to just one bowl of ice cream for dessert. I counted reps and calories for months before our wedding, and I know how much mental and physical energy it takes. These days, I'm more excited about spending my juice on something other than getting up at 6 a.m. to sweat, things like my new business and studying Italian (I've always wanted to learn).

Still, burrowing in bed with my cat is not nearly as fun without my husband's warm body by my side. Even though the changes Randy is making are positive ones, they've thrown off a routine that I'd come to love. I miss our habit of being "bad" together and sleeping late. I also feel less connected to him emotionally now that we don't have our unguarded, dreamy morning conversations.

It could be worse. At least my dieting mate doesn't ask me to make sure he's staying the course or interfere with my food choices,

like other guys I've dated. One ex, an avid runner, announced, "I want to be gaunt," then promptly cleared our kitchen of any junk food. No wonder we broke up.

"When one partner asks the other to play a major role in weight loss, the dynamic can get tricky," confirms Alexis Conason, a research associate in the division of endocrinology, diabetes, and nutrition at Mount Sinai St. Luke's Hospital. "If the dieter says, 'Don't let me have any bread,' then when he reaches for a roll and his wife says, 'You're on a diet!'—well, that's a fight brewing. It can lead to negative emotions like shame and guilt."

I don't feel shame about my weight...but I do feel insecure. I watch Randy's body get leaner and more chiseled as mine grows rounder, and I worry that the slimmer he gets, the less he'll want me. He doesn't say anything outright. Still, I can't stop wondering if he disapproves when I help myself to seconds of the healthy dinner he's cooked. Maybe, if I'm honest, I'm testing my newish husband to see if he'll still love and appreciate me with some extra cushion. Maybe I'm testing myself—can I not obsess about weight and make peace with my body, imperfect as it is?

Sometimes, I find myself trying to sabotage his efforts. "I'm craving pasta tonight—what about you?" I'll say sweetly...or not so sweetly. Then I kick myself a little, both for my own insecurity and for not being the supportive spouse I always thought I would be.

On a recent vacation, I was hopeful Randy would ease up on his regimen. And he did. We spent a week drinking cocktails, indulging in lobster rolls, and relaxing on the beach. Weirly though, his joining me in my slightly gluttonous ways wasn't as satisfying as I'd expected. (Although I was happy about the resumption of morning sex.) I couldn't help but notice how crestfallen he was when he got on the scale back home. "I've gained

weight," he said, and I felt a stab of guilt and disappointment. I hadn't exactly been a nurturing partner—maybe even the opposite. So I gave him a hug, told him I knew he could get back in the groove, and realized that I truly hoped he would.

And he did, the very next morning, taking up his floor routine with renewed fervor. Listening to him panting away in the other room, I snuggled deeper into our still-warm bed and felt proud of him. My husband isn't a quitter, a fact that bodes well for his health and longevity. And for our relationship too. ■

"MAYBE I'M  
TESTING  
MYSELF—  
CAN I NOT  
OBSESS  
ABOUT  
WEIGHT AND  
MAKE PEACE  
WITH MY  
BODY,  
IMPERFECT  
AS IT IS?"

## WHAT TO DO WHEN YOUR GUY IS ON A LOSING STREAK



**1. Appreciate his body.** It's natural to be worried that your newly muscular BF will be more attractive to other women. Still, let him know how hot you think he is. "If he looks amazing, what better person to hear that from than you?" says Ramani Durvasula, PhD, a clinical psychologist in Los Angeles.

**2. Watch your language.** Your cheerleading can be misinterpreted. You say, "A diet is a great idea!" and he hears, "You do need to lose weight." Put dieting in the context of health, and acknowledge how tough it can be, suggests Durvasula. Ask, "How can I help?"

**3. Don't be his mom.** "It can be easy to monitor your partner, saying, 'Did you exercise? Should you eat that?'" says Leslie Heinberg, PhD, of the Cleveland Clinic. "That sets up a parent-child relationship." Instead, suggest you try that new vegan place or run a 5K together.

**4. Be aware of your feelings.** Ask yourself: Am I unhappy? Do I want to change my body? Remind yourself of what getting healthy can mean (more energy and confidence). Or, says health coach Debi Silber, "You may realize, I'm fine the way I am. And that's okay."

# “I Had

# Cancer...

# and It

# Changed

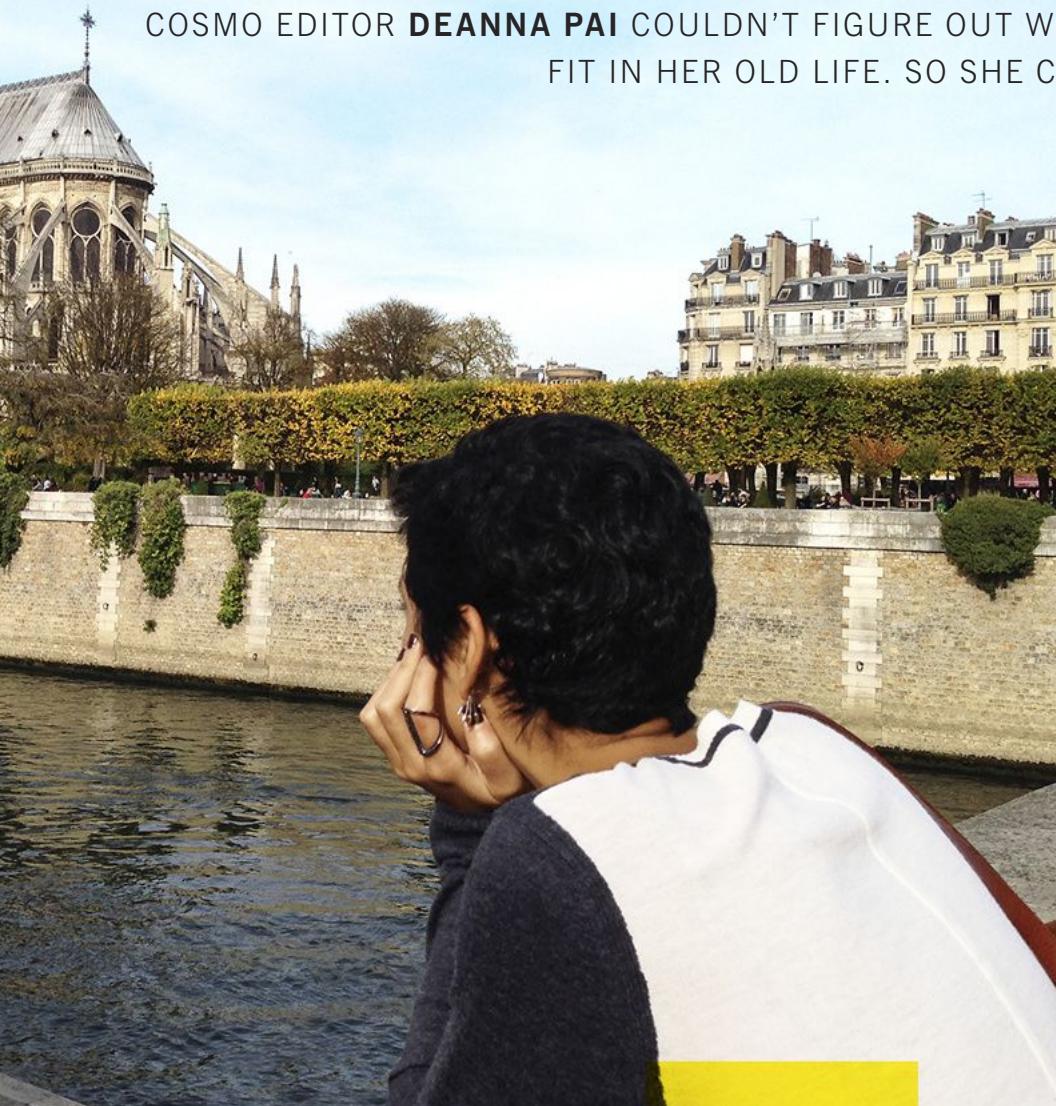
# Everything



A BRAND-NEW  
VIEW: NOTRE  
DAME FROM THE  
LEFT BANK.



## AFTER SURVIVING A RARE LIVER CANCER TWICE, FORMER COSMO EDITOR **DEANNA PAI** COULDN'T FIGURE OUT WHERE SHE FIT IN HER OLD LIFE. SO SHE CREATED A NEW ONE.



DEANNA WROTE ABOUT HER RECOVERY IN AUGUST 2015.

sisting of six rounds of chemotherapy, two surgeries, three transfusions, one stay in isolation, and more shots than I can count. My oncologist called the treatment regimen "spicy." (Really, it's ghost-pepper levels of scalding.) The whole time, I just wanted to go back to normal, a normal day in which nothing bad happened and I didn't feel like total shit.

After I finished chemo and got a clean bill of health in April 2015, I got what I wanted...sort of. I'd been so consumed with wanting everything to be the same again that I didn't realize what had changed in the meantime: me. I could no longer figure out where I fit in my own damn life.

I spent months trying to contort myself into my old routine. Wake up early, run, walk to the office, eat a tuna sandwich, work some more, go home, cook dinner, watch TV, go to bed. My biggest adjustment was trading *Grey's Anatomy* for *Mr. Robot*. I tried hard to shoehorn my new self into my old life—after all, I'm the one who wanted it. But I began to question my place: at my dream job as a beauty editor at Cosmo, in a cozy apartment crammed with my favorite books and a view of the East River and, beyond that, Queens.

For a lot of people, moving to New York City after college is a daring leap. For me, it was a statement of the obvious. With a good pair of binoculars, I could practically see from my living room

**T**HE OTHER NIGHT, I went out to dinner by myself to Fish La Boissonnerie, a seafood place just around the cobblestoned corner from my new apartment in the 6th arrondissement of Paris. I sat at the counter, ordered a glass of red, and befriended the American woman next to me. She asked why I'm here.

"I was sick," I replied. And that was that.

Maybe sick is an understatement. I've been through a special circle of hell con-



## “I felt giddy and nervous, like it was my birthday,

my mom's old neighborhood, the house in which my dad grew up, and the Chinese restaurant we went to every single weekend. Since returning home after graduation, I'd done everything I was supposed to: get an apartment, get a job, climb the ladder, and find some satisfaction from it.

But in the months after treatment, I began to feel trapped in my own comfort zone, like I was in a fishbowl, doomed to swim through the same miniature shipwreck and plastic seaweed until the end of my days. I'd never strayed from the status quo. I'd never lived abroad. I'd never traveled alone. My idea of a risk was calling the cable company and bluffing about canceling in order to get a lower rate. I'd stuck to the straight and narrow, and I had never been more lost.

I didn't know how to fix myself or my situation. I'd become so accustomed to everyone giving me orders, telling me the right course of action. As a patient, I had no control. Even before chemo,

the fertility nurses left daily voice mails telling me which hormones I needed to inject and when. My oncologist's office scheduled my check-ups and treatment and then sometimes changed dates without asking me.

The entire time, I spoke up for only a single thing. When scans came back showing how effective the chemo had been (which, luckily, was very), I called an oncologist on my case and asked her to please let me stop at five rounds of chemo instead of six.

“No, I’m sorry,” she answered firmly. “You have to do six.”

“Okay,” I said. “But I looked it up, and the literature for this actually recommends four to six rounds.”

“Deanna, that literature? I wrote it.”

Six it was. There's no compromising when you have cancer. I had no control over what was happening to

me and my life and my body. It's the reason that nothing drives me more batshit than when people, even with the best intentions, call me an inspiration or a warrior or some other empty word that implies I even did a thing. I think *cancer witness* is more appropriate. I watched it happen. I saw the abnormal numbers in my blood work. I read my scan report: tumors, two, maybe three. I watched the chemo nurse push the vincristine into my IV. I didn't fight. I didn't battle. I just sat under warm blankets and tried to swallow the vomit. My body was just a vessel for this happening, this squashing of a mutiny launched by some cells with a god complex.

going through treatment?”

What scared me is how easy it is to die. You're lucky if you get advance notice. I was 23, never sick (unless you counted hangovers), with big plans for a half marathon, for kids, for a house, for traveling. When you're young and invincible and the world is your oyster and you're finally getting your shit together, life seems deliciously long, like it's the second day of vacay and you still have five days left on the beach. There's time to spare, time to retire and do what you actually want, time to postpone the “one day” and the “someday.”

I realized while maybe dying that time is an excellent con artist. You can't count on it. I'd been building my life around the assumption that I had time. But really, I'm just borrowing it on tenuous terms. Death is waiting to pull the rug out from under all of us.

**A** FEW MONTHS AGO, in an effort to divert the conversation from his love life (status: in shambles), a friend asked me, “What scared the shit out of you when you were



## Christmas, and the apocalypse all at once.”

There's no shame in routine. A steady paycheck and a weekly brunch count for a lot. But I don't have time to settle. I've been sick not once now but twice. On top of my increased risks of leukemia and heart failure (ironically, side effects of chemo), a new study published in the journal *Cancer* shows that nearly 14 percent of young-adult survivors will get another, totally different kind of cancer. History has shown that the odds are not in my favor. How many times do I need to get cancer before I finally do something for myself?

So in September, I did what I've always wanted to do and booked a flight to Paris. At this, my boyfriend, Tim, smiled and shrugged. We see each other mostly on weekends, so stretching out the time between visits isn't a big deal for us: He gets that I want to do this by myself. (Anyway, I think he's secretly pleased that he can watch hockey with his friends every weekend.)

I found an apartment down the block from the

Seine. I quit my job, finding myself unemployed for the first time ever. I felt giddy and nervous, like it was my birthday, Christmas, and the apocalypse all at once. I put down the security deposit on my apartment and skipped around my studio, yelling, “*Au revoir, mes petits choux! Je pars, bitches!*” I am getting the eff out of here. I'm going to speak French again, something I learned in school and promptly forgot. Where do I go? What do I do? How do I spend my time? Who knows! I'll figure it out.

These days, in my tiny apartment with huge windows and a view of the Pont Neuf, I have no routine at all. Sometimes, I get really crazy and don't set an alarm. I consider whether I want a croissant or to cook eggs to top the fresh sourdough that I pick up at the boulangerie, because that's now an option. I run either through the

Luxembourg Gardens or to the Eiffel Tower and back. I write. I read outside beside my l'apéritif, or I sit inside and chat with the bartender. I meet friends of friends over plates of garlicky escargot (or even better, unlimited french fries). Most often, I go for a walk—to the market, to the crêperie on rue Saint-André des Arts, to a café where I can sit and people watch—and end up somewhere new.

This aimlessness is everything. I have no appointments. I have no one telling me where to go and when to be there. And I'm no longer trapped in the confines of the small, regimented life that took up so much of my time but gave me little in return. Even after November's horrifying terror attacks—during which I was lucky to be on the other side of the Seine, a mile or two away—Paris is about joy and life. Watching its people in the aftermath is like taking an immersive crash course in hopeful celebration in the face of suffering and anxiety, something that doesn't come

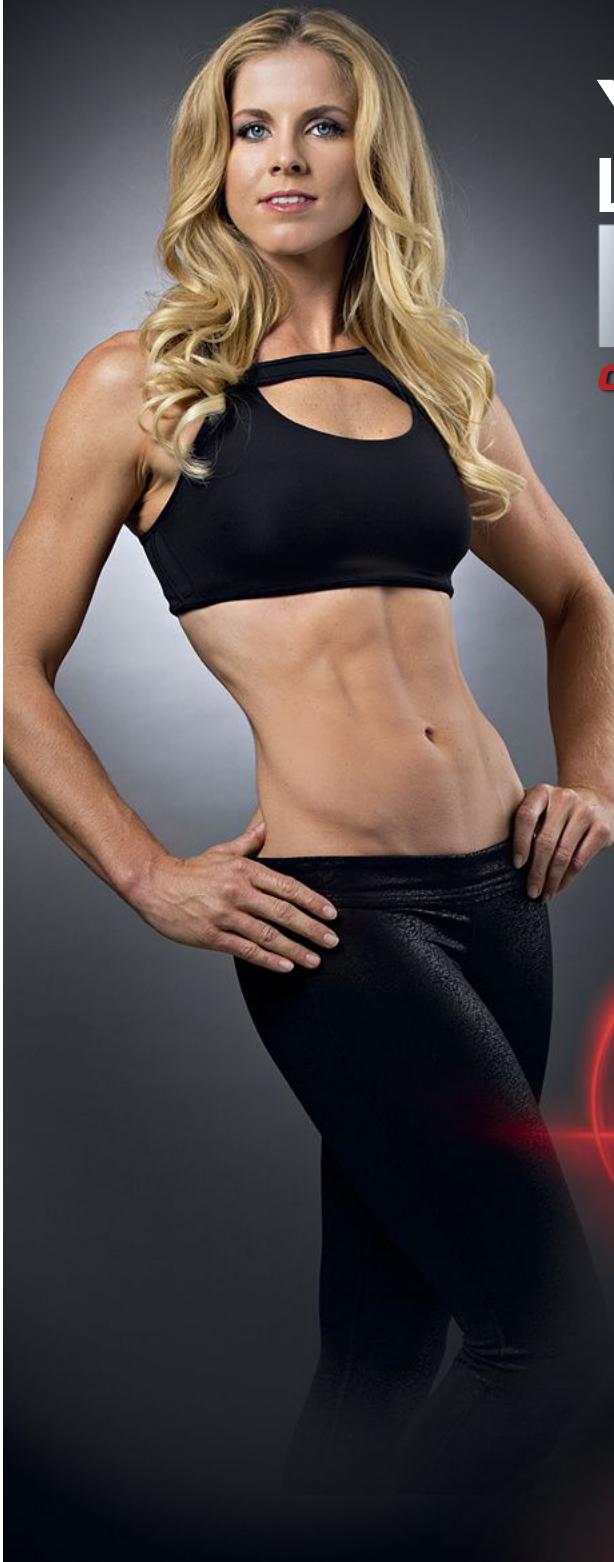
naturally to me. I am learning.

What has become very clear is that nothing really matters unless it matters. I know that this sounds like a tautology, and it probably is. I hate tautologies (tell me “You do you” and I'll hang up and block your number). But what I mean is: Unless something matters to me, it doesn't matter. Here is the feeling of relief I've been searching for since April. Here is the sigh. Here it is, at a small round table in a bistro on a gray, drizzly day in Paris.

Lately, all I think about is a line from a T.S. Eliot poem: “The end is where we start from.” I've ended my cancer-riddled life in New York. When my luck runs dry and my time ticks down to the last seconds, at least I'll know that I did it. I took matters into my own hands and made this a life worth saving. ■

AMERICA'S #1 SELLING WEIGHT LOSS SUPPLEMENT BRAND™

NEW!



# YOU'VE NEVER LOOKED BETTER IN **BLACK**

**OUR MOST ADVANCED FORMULA EVER**



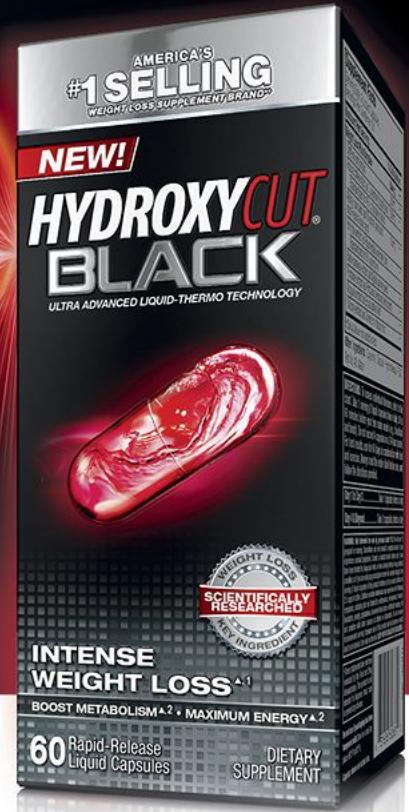
**SABLE LOST  
27  
POUNDS**

Sable used the key ingredient in Hydroxycut® Black with diet and exercise and was remunerated. Individuals using the key weight loss ingredient (*C. canephora robusta*) in a 60-day study lost an average of 10.95 lbs. with a low-calorie diet, and 3.7 lbs. in a separate 8-week study with a calorie-reduced diet and moderate exercise.

## Ultra Advanced Liquid-Thermo Technology



- Intense weight loss
- Boost metabolism<sup>1</sup>
- Maximum energy<sup>1</sup>
- Leading-edge, rapid-release capsule technology



**HYDROXYCUT®**

   [HYDROXYCUT.COM](http://HYDROXYCUT.COM)

1These benefits provided by the additional key ingredient (caffeine anhydrous).

\*\*Based on AC Nielsen FDMx unit sales for Hydroxycut® caplets.

Read the entire label before use. The Facebook logo is owned by Facebook Inc. © 2015.

Available at















LEARN TO

# RECOGNIZE WILDFIRE HAZARDS

IN YOUR COMMUNITY

A single ember from a wildfire can travel over a mile to your home or community.  
Learn how to reduce wildfire damage by spotting potential hazards at [fireadapted.org](http://fireadapted.org).



## FIREADAPTED.ORG

*Train at home to WORK AT HOME*

# Be a Medical Billing Specialist



Take the first step to earning \$36,000 a year and more!\*

Now you can train at home to work at home or in a doctor's office, hospital or clinic making great money...up to \$36,000 a year and more as your experience and skills increase! It's no secret, healthcare providers need Medical Billing Specialists. In fact, the U.S. Department of Labor projects 18% growth by 2022 for specialists doing billing for doctors' offices!



### WORK AT HOME!

- ✓ Be home for your family
- ✓ Be your own boss
- ✓ Choose your own hours

**SAVE MONEY!**

- ✓ No day care, commute, or office wardrobe/lunches
- ✓ Possible tax breaks
- ✓ Tuition discount for eligible military and their spouses
- ✓ Military education benefits & MyCAA approved

Experts train you step by step.  
No classes to attend.

No schedules to keep.

With U.S. Career Institute's nationally accredited program, you learn step by step with easy-to-understand instruction, plenty of examples, plus Toll-Free Hotline and E-mail Support. Graduate in as little as four months and be ready to step into this high-income career!

Get FREE Facts! 1-800-388-8765, Dept. CMPB2A16

[www.uscieducation.com/CMP16](http://www.uscieducation.com/CMP16)



**U.S. Career Institute®**  
2001 Lowe St., Dept. CMPB2A16  
Fort Collins, CO 80525



YES! Rush me my free Medical Billing information package with complete details. No cost, no obligation.

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Apt. \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_

*Celebrating over 30 years of education excellence!*

\*with experience, based on figures from U.S. Dept. of Labor's BLS website (March 31, 2015)

\*\*based on figures from U.S. Dept. of Labor's BLS website (October 15, 2015)

CL128

GMO, MY GOD! EATING SHOULD BE A JOYFUL RITUAL, NOT A PANIC-ATTACK-INDUCING NIGHTMARE. READ THIS, THEN EAT THE PIE.

WHEN DID

FOOD



GET SO



SCARY?

**RECENTLY, AS I** scavenged my fridge for a healthy bite, I spotted some deli meat. Not just any deli meat—hormone-, antibiotic-, nitrate-, gluten-free chicken breast. Munching on my holier-than-thou snack, I noticed a note on the package: “Our chickens are raised in a stress-free environment.”

I’m glad someone is. Things were simpler a decade ago, when the big concern was whether 80-calorie yogurt actually tasted like cheesecake. Now headlines warn that berries are pesticide-laced cancer bombs and we can’t eat an egg without wondering if its mom was on penicillin. Dietary qualms aren’t about quantity but quality: how produce is grown, where poultry lives, what cows graze on.

Is our worry warranted? “We’ve put ourselves in food jail with these rules,” observes Rebecca Scritchfield, RD, founder of Capitol Nutrition Group. Confusion reigns at the grocery store, with more than 75 nutrition claims plastering food, many of them pure marketing. “A ‘natural’ product can have artificial ingredients,” says Urvashi Rangan, PhD, of the *Consumer Reports* Food Safety and Sustainability Center. “‘Skinny’ doesn’t mean low-fat or low-cal—it means nothing.”

So what’s healthy becomes a personal choice. But how do you choose when the government says GMOs are no biggie but the Food Babe begs to differ? We’ve decoded the most abstruse labels to help you figure out what you *can* eat.

■ BY LESLIE GOLDMAN ■ PHOTOGRAPHED BY JEFFREY WESTBROOK

HERE'S THE DEAL WITH

# GMOS

**THE HYPE** No food does the walk of shame like a GMO. Surveys show that more than half of U.S. consumers express concern about genetically modified organisms, but many have no idea what that means. “Too often, if I ask clients what GMO stands for or why they’re against them, they don’t know,” says Scritchfield. (Mini-tutorial: A GMO is a living organism whose genetic material has been manipulated in a lab for a desired outcome—corn that is pesticide-resistant or apples that brown slowly.) The U.S. government considers them safe, yet the EU, Australia, and Japan have restricted or banned them. Between Chipotle’s new anti-GMO stance and Bill Gates claiming they could help solve world

hunger, it’s hard to know whom to believe.

## THE SCIENCE

Genetic-engineering advocates credit the technique with boosting crop yield and lowering the need for pesticide—a score for hungry nations and the planet. Environmental plant biologist Clint Springer, PhD, explains that “we’ve been engineering crops for millennia through crossbreeding. This is a more precise way to create organisms with more benefits.” Genetic engineering has little to do with a food’s healthfulness but speaks to breeding. The World Health Organization, American Medical Association, and American Association for the Advancement of Science all deem GMOs safe. In November, the

FDA even okayed the first GMO animal for human consumption: a salmon whose DNA has been tweaked to help it grow faster.

On the other side, anti-GMOers feel that we shouldn’t play cut-and-paste with DNA and genetically engineered foods should be labeled as such. “The federal government hasn’t mandated that GMOs be proven safe,” Rangan says. Besides claiming that GMOs could potentially introduce allergens, opponents point out that the use of certain herbicides has created superweeds. Studies on the environmental impact are split. In a study on genetically engineered soybeans, the USDA found that the use of herbicides has about doubled since the introduction of GMOs, yet a British study shows overall pesticide use is down since the mid-’90s, thanks to GMOs.

No large-scale studies have yet shown that



**UNSURE WHETHER THAT APPLE IS ORGANIC OR NOT? CHECK THE LITTLE STICKER WITH THE PLU CODE ON IT. DOES IT START WITH 9? BOOM—ORGANIC.**

GMOs are harmful to humans. One 2012 study on rats drew scary headlines, but it was retracted, so you’re likely worrying for naught. If you’re set on avoiding them, it can be tricky and expensive. Buying local is one solution: Small farmers often employ organic practices, including shunning GMOs. Also, while packaged foods may use GMO sugar beets, corn, canola, and soybeans, most unprocessed whole foods are GMO-free. And the fact that whole foods are good for you is, happily, not up for debate.

HERE'S THE DEAL WITH

# NATURAL

**The Hype** You know things are serious when Taco Bell and Pizza Hut give artificial ingredients the boot and even Kraft Mac & Cheese ditches its iconic neon orange synthetic color. And with good reason: Nearly 60 percent of customers look for the word *natural* on packaging when shopping, according to a *Consumer Reports* survey. Of those seeking this label, two-thirds think it means a food has no artificial ingredients, pesticides, or GMOs.

**The Science** You know that scene in *Pretty Woman* where Richard Gere asks Julia Roberts what her name is and she says, “What do you want it to be?” A *natural* label is kinda like that.

Regulators generally consider the term to mean a lack of artificial ingredients, including preservatives. But they have made no judgment on whether these foods are better for you. Nor does the label indicate how an animal was treated or what it was fed, which could include antibiotics or GMO feed.

“We assume *natural* equals *healthy*,” Scritchfield says. “Snake venom is natural. That doesn’t mean it’s good for you.” Instead of trolling for *natural*, look at the ingredients. Opt for more positive stuff (fiber, protein, vitamins) than negative (sugar, trans fat) or plain confusing (BHT, potassium benzoate). As nutritionist Wendy Bazilian, DrPH, notes, “A frosted toaster pastry with organic cane sugar, red beet dye, and real strawberry bits is still a toaster pastry.”

# ORGANIC

**THE HYPE** There's nothing like a fridge full of organic berries, wild salmon, and cage-free eggs to make you feel virtuous. Americans wolfed down a record \$39.1 billion worth of organic food in 2014—up 11.3 percent from 2013. And the biggest buy-in is coming from millennials, nearly half of whom choose organic for at least 50 percent of their purchases and feel better about themselves when they do so. "Consumers have a perception that organic farmers are lavishing love on every blueberry and that those berries will ensure you never get sick," says Nathanael Johnson, author of *All Natural*.

**THE SCIENCE** Unlike the *natural* label, *organic* has substance. In a nutshell, produce is considered organic if it was grown without conventional pesticides or synthetic or sewage sludge-based fertilizer. (Yep, that last one's for real.) Packaged foods must contain at least 95 percent certified organic ingredients and cannot be processed using industrial solvents, irradiation, or genetic engineering. As for organic meat, animals are fed organic feed, cannot receive antibiotics or hormones, and must have natural-ish living conditions, like the ability to graze.

Eating organic sounds more appetizing, but is it more nutritious? When Stanford researchers pored over 237 studies comparing organic and conventional foods, their results showed no difference in nutrition or

health risks. But a 2014 *British Journal of Nutrition* review did find greater overall antioxidant levels, meaning "if you regularly eat organic produce, it's like getting the antioxidants of a fifth serving of fruits and veggies for every four," explains study coauthor Charles Benbrook, PhD. His study also found lower pesticide levels in organic foods. "Some pesticides are known to cause or promote cancer growth, impair the immune system, and raise the risk of obesity, diabetes, and dementia," he adds.

As for meat and dairy, limiting the use of antibiotics on animals is a great idea, Johnson says. "The drugs allow germs to evolve. We're running out of ways to kill the resulting superbugs." Drug-resistant UTIs have been linked to factory-farmed chickens.

The possible health risks—and ickiness—of pesticides and antibiotics are real, but so are the known benefits of fruits, vegetables, and lean protein. Buy organic when possible, especially for meat, dairy, and the produce most likely to sop up chemicals: apples, grapes, nectarines, peaches, strawberries, sweet bell peppers, celery, cherry tomatoes, cucumbers, potatoes, imported snap peas, and spinach. But don't shun produce just because it's not organic. It's been estimated that higher pesticide consumption contributes to 10 cancer diagnoses per year, while upping fruit and veg consumption may prevent 20,000 cases of the big C.

HERE'S THE DEAL WITH

# GLUTEN-FREE

**The Hype** Your sister is orgasming over how much energy she has since she stopped eating gluten, and [insert celeb here] swears it keeps her in her size-2 skinnies. They're part of the one-third of Americans who aim for low or no gluten (a protein substance found in wheat, barley, and rye), according to market research firm The NDP Group. The problem: "Folks think that gluten causes weight gain or gluten-free means low-carb, but that's not true," says Bazilian.

"Many gluten-free products, like cookies and breads, have extra fat or sugar to make up for the mouthfeel and flavor lost when gluten is removed." Gluten-free often costs more too: A four-pack of Udi's gluten-free bagels costs around \$6; a six-pack of Thomas's bagels, about \$2.50. And because consumers will pony up, more products are crying *gluten-free*, even if the food hasn't

contained gluten for years (like some rice cereals) or ever (popcorn, we're looking at you).

**The Science** For the 1 percent of Americans with celiac disease—an autoimmune disorder triggered when you eat gluten, causing non-Tinder-friendly symptoms like bloating, pain, chronic diarrhea, and constipation—ditching the protein is a must. If you're one of the 18 million who are sensitive but not allergic to gluten, you may want to lay low too. But if you're looking to drop pounds, you're better off on a whole-foods diet, filling your cart with items from the grocery store's perimeter: produce, chicken, fish, lean meat, and yogurt... all naturally gluten-free. In fact, Bazilian says it's this back-to-basics, cleaned-up eating that likely causes the cheerleader-like high that people rave about when going G-free. ■

Part of getting ready  
is being ready.  
For anything.

Enjoy unmatched mixability with **KINKY®**  
VODKA



Introducing new KINKY® Vodka. Distilled 5 times for unmatched mixability. Pairs with KINKY® Liqueur ... and just about anything else. Thirsty for more? Follow us for recipe inspiration.

[Kinky-vodka.com](http://Kinky-vodka.com)



**KINKY®**  
Tomorrow's Stories  
Start Tonight

KINKY® Vodka, 40% Alc/Vol. ©2013 Prestige Wine & Spirits Group, Pleasanton, CA

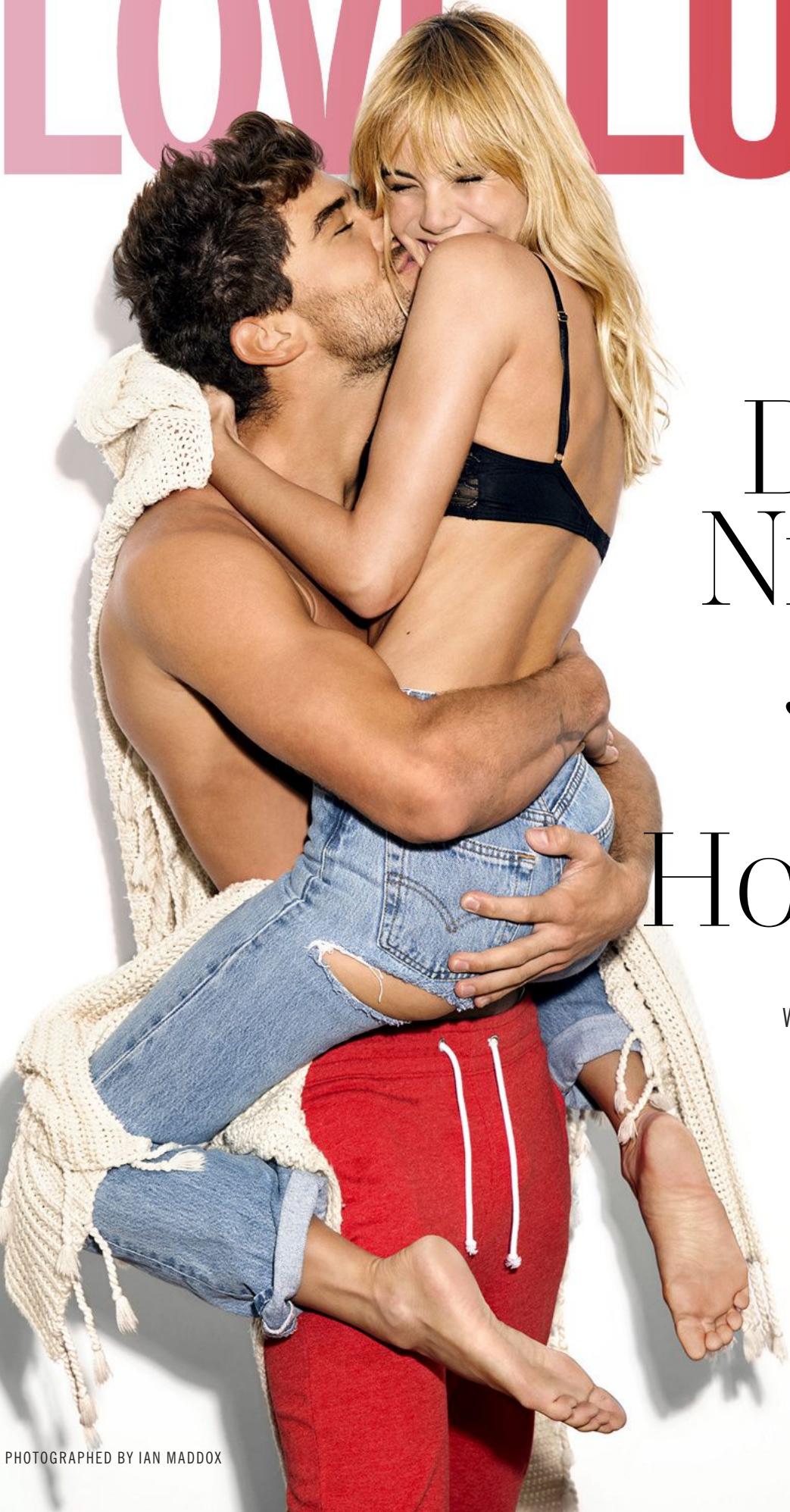
# LOVEFLUST

EDITED BY  
MARINA KHIDEKEL

## Date Night Just Got Hotter

FROM SWEET  
WAYS TO SURPRISE  
YOUR BAE TO  
EPIC-LEVEL SEX,  
YOUR NEXT  
ONE-ON-ONE  
WILL DEF BE  
YOUR MOST  
ROMANTIC YET.

BY JULIE VADNAL



PHOTOGRAPHED BY IAN MADDOX

# “WANNA NETFLIX AND CHILL?”

Ugh. When did that become the romantic gesture du jour? This Valentine's Day, you're penciling in a good old-fashioned date night. And we're giving you the moves to get yours on lock.

73%  
OF MILLENNIALS HAVE SEX ON VALENTINE'S DAY.

Go ahead, be a statistic.

this  
year, buy  
him  
candy

\$35 FOR 1 LB. CUSTOM  
BAG, MYNECCO.COM



## YOU'RE GETTING WARM...

### PLAY A GAME WITH SEXY STAKES

Suggest a bar that has a pool table, darts, or bowling, and decide on bedroom bets before the game begins—a massage for you, a striptease for him—and whoever wins gets their fantasy fulfilled later that night. Eight ball, corner pocket, go!

### SEND BODY SHOTS

On the day of your plans, build anticipation by texting him pics—start with your feet in a pair of sexy heels, then work your way up. It's crazy how a flash of your knee will have him counting down the seconds till he sees you.

### GET HOT IN THE KITCHEN

Invite him over to help you whip up something (Chrissy Teigen's food-porn new cookbook, *Cravings*, will heat up any kitchen). Once dinner is in the oven, pour some vino, and let yourselves be the appetizer.



book it to  
the bedroom

Swap your usual reads for *Growl*, a collection of three supernaturally sexy tales by Eve Langlais, Kate Douglas, and A.C. Arthur. You don't have to be a *Twi*-hard to see that werewolves make the perfect warm-up to some midnight howling of your own.



LOVE LUST



# LOVE LUST



visit the  
sex-iplex

AS YOU PICK SEATS, TELL HIM  
YOU'RE WEARING THE JE JOUE DUA,  
WHICH HAS A PEN-LIKE REMOTE.  
HAND IT TO HIM TO USE EVERY TIME  
CHARACTERS KISS ONSCREEN.  
JUST DON'T SPILL THE  
POPCORN....

“I WON’T BE  
WEARING THESE  
TONIGHT”

WHAT YOU'RE TEXTING  
HIM AT 3 P.M., ALONG  
WITH A PICTURE OF  
YOUR FAVE LACY THONG.



**THE COUCH CUDDLE** Once the roomies have left, bend over the couch armrest, and hold yourself up by the cushions as he enters you from behind. The angle gives him G-spot access, and you can grind against the arm for a little clit love too. For even deeper, tighter feels, lift both your feet off the floor in between his legs.

\$156,  
[babeland  
.com](http://babeland.com)

# play a game of sexy would-you-rather?

But unlike your summer-camp version, these ideas all have orgasmic undertones. For example: Would you rather have hot and steamy shower sex...or take a long bubble bath together?

P.S. The answer is always bubble bath—followed by shower sex!



## THE HALLWAY HUDDLE

On your way to the bed, stop in the hall and pull him close as you lean against the wall. Wrap one leg around his waist while he enters you, and use your other leg to stabilize yourself. Your closeness means he'll be rubbing your clit—and only sorta caring if framed pics stay on the wall.

# \$1412

AVERAGE AMOUNT SPENT ON CARDS, CANDY, AND FLOWERS BY PEOPLE WHO CELEBRATE VALENTINE'S DAY.

Kissing, however, remains absolutely free.



V DAY?  
MORE  
LIKE  
O DAY!

These toys provide pleasure long after those red roses have wilted....



### LELO LILY 2

Scented like lavender and honey, this tiny vibe has eight powerful patterns. So, kind of like a box of chocolates...you never know what kind of O you're gonna get (\$139, [lelo.com](http://lelo.com)).



### THE HEART THROB

The sweet shape fits perfectly in the palm of his hand—but also in between you two while you're grinding up against each other (\$69, [babeland.com](http://babeland.com)).

# #TBT

RE-CREATE YOUR FIRST DATE TO BRING BACK THOSE AWW FEELINGS YOU HAD EARLY ON—MINUS THE SWEATY PALMS!



## WE DARE YOU!

### DRAW A FANTASY

Both of you write down your fantasies on pieces of paper—you in nothing but red lingerie or watching a movie that gets you both hot—and throw them in an empty mason jar. Next time you're bored on a Thursday, pull from the jar for some instant inspiration.

### GRAB HIS GAZE

In between courses at dinner, hold eye contact for 10 seconds. It'll make you feel more emotionally connected, aka super horny...and umm, check please!

feel  
some  
warm  
fuzzies

Finally, something constructive to do with the wacky wool socks Aunt Judy got you for Christmas. Women who keep their socks on during sex are more likely to orgasm than women without socks, according to a 2005 Dutch study.



# “Please Don’t Ask Us How We Met”

EVERYONE LOVES A GOOD MEET CUTE STORY. EXCEPT...YOU DON’T HAVE ONE.

BY LAURA LANE AND ANGELA SPERA

IT ALL STARTS innocently enough. Someone asks you and your guy, “Sooo...how did you two meet?”

Suddenly, you’re sweating, scrambling for an explanation for the completely unromantic way you paired up: on a dating app.

Think of something, quick! “We met on Bumble, er...a bumble bee stung him,

and he had an allergic reaction! I, uh, basically saved his life.”

Or “We met on JSwipe...I mean, swiping credit cards! He was buying the exact same snowblower. Fate.”

Admit it, we’re all a little obsessed with how-we-met stories. We grow up thinking all great romances must have an equally romantic backstory (thanks, Disney!), as if it’s a reflection of the relation-

ship. And it’s why Instagram accounts like The Way We Met, a feed of pics and stories from real couples, has more than 255,000 followers—a sort of *New York Times* Vows section for millennials.

And yet, you are *not* your story. Proof: Once upon a time, a young, charismatic guy strolling the boardwalk struck up a conversation about philosophy with a pretty girl. Sweet, right? Well, his name was Charles Manson, and she became one of his cult members. So why do we place so much significance on these stories (especially since 38 percent of singles have met online or via mobile app, according to a Pew Research Center survey)?

“In the U.S., there’s this focus on the fairy tale of falling in love,” says Ty Tashiro, PhD, author of *The Science of Happily Ever After*. “From childhood, those are the stories you hear, so people try to shape their experience of meeting their

partner and falling in love to fit that cultural narrative.”

But lovey-dovey tales are increasingly difficult to find. Your grandparents might have met when he accidentally delivered a newspaper to the wrong house on his bike route. Your parents may have exchanged mix tapes when they were both just friends in a computer class. But you? You’ll be explaining to your grandchildren, “I saw his height listed at 5 feet 11 and I was completely smitten!” In an age when first encounters involve swiping right on someone’s face, things can feel, well, not so magical.

“People used to be embarrassed to say they met at a bar,” says Daniel Jones, author of *Love Illuminated*. “That was like the Tinder of old. Now, meeting at a bar would seem so authentic by comparison.”

How to deal with a seemingly weak story? Well, you could, like many couples who met à la internet, just make one up. “My girlfriend tells people we met at Bible camp, so then when we eventually say ‘Tinder,’ it usually gets a laugh,” says David, 29, who has been with Ana, 26, for more than a year.

“I met my boyfriend on Grindr, but for the sake of not sounding slutty, we told everyone we met on OkCupid,” says John, 32, who didn’t think friends would take his relationship seriously if they knew he met him on an app famous for encouraging one-night stands.

The good news: By the time you sit down to tell your grandkids your story, it will probably sound a whole lot more charming than whatever space-hologram technology they’ll be working with. Plus, like most stories, making yours sound interesting is all in the delivery. If you believe your meeting rivals Fitz and



IN AN AGE WHERE FIRST ENCOUNTERS INVOLVE SWIPIING RIGHT, THINGS CAN FEEL... NOT SO MAGICAL."



Olivia's, so will everyone else. Even one of us, Angela, used to mumble her story: "We met on OkCupid." Then with a slight tweak of attitude, she found the romance in their tale: "He texted me after our first date to stop eating Lean Cuisines because he would cook for me. That sealed the deal." Instead of saying how you met online, recounting the defining moment that got you hooked (finding out you

both binge-watched *Master of None* in one night) or his first sweet gesture (messaging your BFF to figure out your favorite restaurant) will make your story sound great to anyone. Then again, you could just commit to the online bit and say how he kept matching with you on multiple apps and who were you to mess with destiny?

"Not all the stories on The Way We Met are cute because of the way they met," says Brooklyn Sherman, the keeper of the account. "Every story has something special—it's all about finding details that excite people."

If we're all being real, it doesn't matter how you met. It's that you did. ■

Lane and Spera's new book, *This Is Why You're Single*, is out now.

## ONLINE MEET CUTES

Your story can still be totally adorable, even if it began with your swiping on his #ShirtlessSelfie.

"I forgot I even had Happn on my phone when I saw I had been Charmed by a guy named Adrian, who turned out to be a smoking-hot Australian. We realized we were both going to Coachella, and from the moment we met in front of the main-stage bar, we've been inseparable. We moved in together last October!"

—KATIE, 27, LOS ANGELES

"My husband and I met on Tinder, and we had two things in common on our profiles: our alma mater and a pastor who we both listen to. We met for dinner a few weeks later and ended up talking until the restaurant closed. We were married after a year and a half, and I will forever be grateful that I decided to take a chance on Tinder."

—NATALIE, 28, DALLAS

"After matching on Hinge, Brennan and I went out on a date during a big snowstorm. Between trying to dress to impress in a million layers, sitting next to the wrong guy when I arrived, and taking a few spills on the ice, it was a very honest and humorous first meeting. We had a great time and have now been together for a year."

—JESSICA, 31, NEW YORK CITY

# Sex Q&A

No-BS responses to questions you can only ask Cosmo



**Q/ I've been on antidepressants for years, and now that my boyfriend and I have passed the honeymoon phase, I have no sex drive. Help!**

**A/** No worries. *Procrasturbation* isn't just an amazing Urban Dictionary term, it's also a real thing! We all know that orgasms are great stress relievers (all those endorphins!), so it makes total sense that a solo O is also a great way to deal with unpleasant things like, say, a looming work deadline. And for the most part, it's a harmless procrastination tool, says clinical psychologist and sexual behavior scientist James Cantor, PhD. "If it weren't masturbation, it would be something else, like video games." If your BF's new habit escalates and starts to interfere with his job or your relationship, then he should look into talking to a professional. Otherwise, Cantor says, "A little bit of procrasturbation? That's just human."

Recall past sexy-times with your man to get yourself in the mood, and spend ample time kissing and touching to set a sexy scene that'll jump-start that honeymoon phase all over again.



**Q/ When my boyfriend is really stressed about work, he masturbates a ton. Should I be worried?**

**A/** No worries. *Procrasturbation* isn't just an amazing Urban Dictionary term, it's also a real thing! We all know that orgasms are great stress relievers (all those endorphins!), so it makes total sense that a solo O is also a great way to deal with unpleasant things like, say, a looming work deadline. And for the most part, it's a harmless procrastination tool, says clinical psychologist and sexual behavior scientist James Cantor, PhD. "If it weren't masturbation, it would be something else, like video games." If your BF's new habit escalates and starts to interfere with his job or your relationship, then he should look into talking to a professional. Otherwise, Cantor says, "A little bit of procrasturbation? That's just human."

Recall past sexy-times with your man to get yourself in the mood, and spend ample time kissing and touching to set a sexy scene that'll jump-start that honeymoon phase all over again.

**Q/ My boyfriend is on the bigger side and says condoms cut off his circulation. That's gotta be BS, no?**

**A/** "I've seen a woman fit a condom over her leg," says sexologist Kat Van Kirk, PhD. Impressive! And it just goes to show that your BF might be exaggerating here. The easiest solution? Buy bigger condoms. Most

brands come in sizes up to XXL. Or Van Kirk says that if a condom's band is inhibiting circulation at the base of his penis, it can actually feel good, much like a penis ring, because constricting blood flow adds extra sensitivity. (But if there is pain or numbness, remove the condom.) If he still can't find a good fit, female condoms are a circulation-friendly alternative.



**Q/ All my friends take Plan B with some regularity, but it really freaks me out. I mean, it can't be good for you, right?**

**A/** There's no real health risk to taking Plan B on a regular basis, even as often as once a week, which at worst, could make your periods irregular, says ob-gyn Sherry Ross, MD. But the drug's name pretty much says it all. "Plan B is meant to be emergency contraception," she says. That means if your first form of birth control fails, you can take the Plan B pill within 72 hours of sex to prevent pregnancy by 89 percent. Still, as Dr. Ross says, "Creating a Plan A with a reliable birth-control method is a whole lot less stressful." Amen.

E-MAIL YOUR SEX QUESTIONS TO SEXQANDA @COSMOPOLITAN.COM.

# LOVE LUST



No need to freak over an early period. Just go with the flow.



Q/ I got my period while I was having sex with a guy. It was a few days early. Did something we do trigger it?

A/ Nope, a little P-in-the-V won't shake things loose ahead of time.

And even though your vagina expands during sex, it's not like that opens up any kind of menstrual floodgates. Actually, there are lots of reasons your period could come early: anything from hormones to stress to marathon training to thyroid issues to excessive alcohol consumption, which can increase your estrogen levels. (Crazy, right?)

"Even traveling can affect your melatonin and ultimately delay your period," says Dr. Ross. So it probably wasn't your sexing, and it's most likely nothing to worry about, she says. Phew! But if your Aunt Flo is normally super punctual every month and you suspect it was spotting and not your period, make an appointment with your gyno to make sure everything checks out.



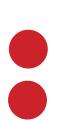
Q/ What's something I can start doing in my day-to-day life to make my orgasms stronger?

A/ Everyone seems to be obsessed with pelvic-floor muscles lately, and with good reason: That tiny layer of muscle situated under your uterus, bladder, and intestines can help you have next-level G-spot orgasms. So really, how could you not be obsessed? The stronger those muscles are, the more you'll feel him inside you—and bonus, the tighter you'll feel to him. Keeping up with your Kegels helps to strengthen them, but the game-like app that comes with pelvic-floor trainer Elvie (\$199, elvie.com), a pebble-shaped pod that you insert like a tampon, is too fun not to try.

—JULIE VADNAL



## SEX TOY OF THE MONTH



### WHAT'S THE BEST SEX TOY...THAT'LL FIT ME PERFECTLY?

While bunny ears are a little one-size-fits-most, the brand-new We-Vibe Nova (\$149, we-vibe.com) has a clitoral stimulator that flexes as you insert the larger, longer, G-spot-hitting end into you for a customized fit. And with a bazillion (okay, 10) vibration patterns, you'll have tons of customized Os.

# ask him any- thing

LOVE  
ADVICE FROM  
OUR GUY  
GURU, LOGAN  
HILL

**Q/** MY GUY TOLD ME HE STILL LETS HIS MOM SEE HIM NAKED. HE'S 31. THIS **E** REALLY FREAKS ME OUT! DO OTHER MEN DO THIS OR IS IT TOTALLY WEIRD?

**A** Most guys don't flash Mom. But I wouldn't say this is so weird that your guy is definitely an exhibitionist with mommy issues. Europe's beach-bathing nudists, Times Square's body-painted *desnudas*, and Burning Man's peen-flapping dancers are proof that some people have more free-thinking (and free-swinging) ideas about nudity than others. Your boyfriend probably just has hippie parents who dare to bare and taught him to do the same. That's fine—so long as they don't let it all hang out when you hang out together without clearing it with you first.





**Q/** MY BOYFRIEND REALLY WANTS ME TO FEEL COMFORTABLE PEEING IN FRONT OF HIM. I JUST DON'T THINK THAT'S A TIME WHEN EITHER OF US NEEDS TO BE AROUND EACH OTHER. IS THIS JUST SOME SORT OF MAKE-OR-BREAK COMFORT-LEVEL THING FOR HIM?

**A** Here's rule number one: Nobody needs to watch you go number one... not even your darling boyfriend. Intimacy doesn't mean that you have to abandon all boundaries and bathroom doors. You deserve privacy! Draw the line, since you shouldn't be made to feel uncomfortable, but don't blow this out of proportion into a princess-and-the-peee situation. I doubt this is a big make-or-break issue for him, but if it turns out to be one? Urine trouble....

BUTT SERIOUSLY—  
SOME GUYS LOVE  
LETTING IT ALL  
HANG OUT.

**Q/** I'm 24...and divorced. I'm really embarrassed about being so young and already a veteran of a quickie marriage. How soon do I have to tell the girls I go out with?

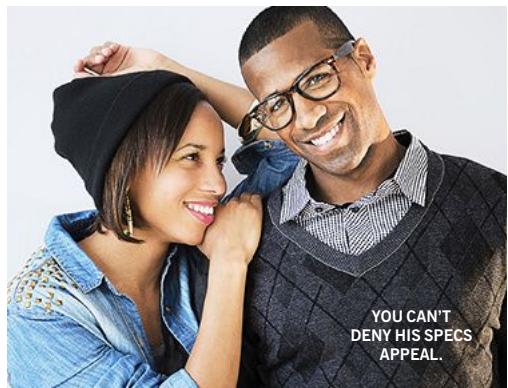
**A** Tell them whenever you want—but why not be up-front? You'll have to tell them eventually, and being divorced is nothing to be ashamed about. If they're worth getting serious with, they'll have your back and simply respect that you knew your old relationship wasn't working. Besides, soon you won't be the only hot divorcée on the block. You're just ahead of the curve. Think of yourself as a trendsetter.

**Q/** The guy I'm hooking up with is awesome and we're having a great time, but his profile pic on Facebook is still of him and his ex. What does that mean? Am I just an obvious rebound girl while he waits around for her?

**A** Unless this guy's a technophobe who hasn't logged onto FB in years, be wary. If it doesn't look like it's over online, it may not be IRL. You could be a rebound, a mistress, or a new GF with a guy who's straight-up lazy about his social presence, but until that pic changes, your status will feel pretty it's-complicated. Tell him to take down the profile pic. If he refuses, you're better off unFriending him.

**Q/** I REALLY LIKE THIS GUY, AND ONE OF THE FIRST THINGS I NOTICED ABOUT HIM WAS HOW CUTE HE LOOKED WITH HIS GLASSES. AFTER SEEING HIM WITHOUT THEM, I THINK HE LOOKS BETTER WITH THEM ON. ALL MY FRIENDS AGREE. DO I TELL HIM? IS THAT MEAN?

**A** Definitely tell him. But the optics of the message matter. If you tell him he looks like a doofus without his glasses, yep, that's mean. But if you tell your four-eyed hunk that his glasses turn you on so much you want to strip him down to nothing but his pecs and specs, that's a much better look for you...and more likely to change his outlook too.



YOU CAN'T  
DENY HIS SPECS  
APPEAL.

**Q/** My boyfriend is Jewish, and I'm Catholic. He told me he wants to keep our relationship a secret because his family doesn't allow him to date girls outside his religion. But we're both 28 and I'm starting to feel ready for marriage, so I'm concerned about whether we can have a future together. Should I ditch him?

**A** That's a classic Romeo and Juliet scenario. It doesn't have to end in a tragic double-poisoning, but you (rightly) need to know that this Montague is willing to fight for his family to accept a Capulet. He has to embrace

making you two the real deal—and embrace going public. If he won't commit to a full relationship and stop hiding you from his family, tell him, like Romeo once said, "I must be gone and live, or stay and die."



Hill is a contributing writer for *Cosmopolitan* and *Cosmopolitan.com*.

# “I Moved in With My Boyfriend’s Parents...

What happens when you trade in your apartment for your BF’s suburban childhood bedroom? One writer found out.

BY BRITTANY GALLA

I LEANED OVER my fiancé’s chest, desperately trying to locate a condom in his nightstand. Papers, pictures—is that a Pez dispenser? I flicked on a light, and my eyes zoned in on a pair of white baby shoes. Given that we don’t have a baby, I held up the booties in confusion. “They’re from my christening,” he explained. “You know my mom saves everything.” The mood was unceremoniously killed, and I asked myself for the millionth time, *How did we get here?*

A few months earlier over dinner at our fave Mexican place in Hoboken, New Jersey, Jeremy and I had been stressing over our budget. Despite two steady incomes (I’m an editor, and he’s a retail manager), we had just 365 days to save for extra wedding costs and a decent down payment on our first house. Between Jeremy’s interest-crazy student debt and my small savings account—plus rents and living expenses—we felt overwhelmed. Jeremy bit into his burrito and blurted, “We could move into my parents’ house. They’d be happy to



# LOVE LUST

fear of getting caught was a full-fledged turn-on, and even little things, like grasping a pillow over my face before I came in order to stay quiet or trying new positions to avoid the bed's creaky spots, forced me out of my comfort zone in a way that was unexpectedly sexy.

Sure, I hated it every time the smoke alarm went off without reason (too often), and I dreaded mornings, when I'd have to dress in the tiny downstairs bathroom, too nervous to risk my conservative future FIL seeing me in a towel. And yes, unknowingly walking in on your future in-laws bickering is pretty awkward. But I liked that our setup gave me new insight about Jeremy. Pre-move-in, I'd thought I knew it all: his preferred PB to J ratio, his soft spot for puppies, and the expression he'd make when he'd had a bad day and needed to be alone. But watching him with his family every day—rolling dough with his mom, cheeks splattered with flour, quizzing his brother before a science test—made me realize how dedicated he is to them. It threw into sharp relief that Jeremy was exactly the person I wanted to spend the rest of my life with and build my own family with one day.

When the year was up and we signed the contract on our new house, a few blocks away, weeks before our wedding, I felt a deep and consuming relief. Moving out was a joy, but moving in with his family hadn't been the hell I'd anticipated. In fact, lately Jeremy's been floating the idea of building an addition to our place, and he's already suggested we move back in with his family for the renovations. I'm leaning yes—as long as his christening shoes stay tucked away. ■

I could talk myself out of it—and promptly died inside.

Our first fight happened on move-in day. I was busy cramming my wardrobe into under-the-bed drawers (no closet space) when his mom stuck her head in to ask if we'd be joining them for dinner. Without looking at me, Jeremy answered, "Yeah, thanks! We can help in a bit." I glared at him. It was a nice gesture, but my plan for decompressing post-move was a quiet restaurant dinner, just the two of us and a bottle of red, not regressing to being the "kids" who lived under their parents' roof.

Knowing his family could hear my every word through the thin walls, I couldn't yell and make a scene. Resisting every urge to storm out (my old go-to when Jeremy did something dumb), I shot him a text instead: "Really wanted to eat out tonight but okay. Can we eat out tomorrow night instead?" He immediately texted from the kitchen, "Of course." I couldn't believe it. We'd just had the easiest resolution to a disagreement in our entire five-year relationship.

"IF WE HAD ANY CHANCE OF SURVIVING THE YEAR WITH OUR ENGAGEMENT INTACT, OUR COMMUNICATION WOULD HAVE TO CHANGE."

As the weeks went by, texting became our secret weapon. Between emoji and jokes, I'd fill him in on things that were bothering me (*Um, your mom's cat puked on my heels*). Before, I might have held in my feelings when something upset me, and when he didn't read my mind, I'd blow up with a list of grievances I'd stored for days. Now, I realized that if we had any chance of surviving the year with our engagement intact (and any chance of preserving my pleasant rapport with my future in-laws), our communication would have to change. Instead of fighting in circles like we used to, we were clear with each other. We learned to have discreet arguments that didn't bleed into one another and become huge referendums on our relationship. It was game changing.

It wasn't just our fighting style that would undergo changes—when I told my friends our plans, everyone had wondered how we'd keep our sex life from suffering. It was hard at first to even relax in his childhood bedroom (*Which ex's virginity did he take on this mattress?* I'd wonder). But with time, our sex life actually got *hotter*. Like most couples, we'd settled into a standard wham-bam routine, and our new circumstances forced us to get creative in a way we hadn't since we'd first started dating. Now, Jeremy and I had to plan *Homeland*-style secret missions to hook up, and sneaking around while his parents watched TV in the next room made me feel like a teenager again. The



YOUR GUIDE TO THE MALE BRAIN

# manthropo

THE DUDEVINCI  
CODE

## DECODE HIS TEXTS

A guide to understanding man shorthand.

BY DAVE BERGMANN

Let's cook dinner tonight.

WHAT IT MEANS:  
I just lost \$400  
betting on the NBA.

Ha, that's  
crazy.

WHAT IT MEANS:  
I didn't read your  
paragraph-long text.



WHAT IT MEANS: I was gonna say something awesome but dropped my phone in the toilet.

I picked up  
some wine.

WHAT IT MEANS:  
Sex, please.



### SPACE INVADERS

## WHY DO GUYS... MANSPREAD?

If you've ever wondered if we need to drape across several seats on the bus—we don't. Ditto for standing like a wide-legged Marine as we order at the bar. Same for knocking knees with our seatmate the entire flight. We don't have to manspread. And we

don't even know we're doing it. Sure, when pressed to explain, some guys will say it's uncomfortable to close their legs on account of their man parts. Some will even say—with a straight face—that it's medically unwise to do so, given the sperm hazards of rising testicle temps. But that's BS.

The truth is, this epidemic of wide-sitting has less to do with what's in our jeans than what's in our...genes. Since our chest-puffing caveman days, we've demon-

strated dominance by taking up space. Those dudes fought lions on the savanna; we're battling crowds on trains—and our jackass impulses kick in. Plus, extending our bodily boundaries with outstretched knees is a rudely effective way to keep strangers from being up in our business. Whatever a guy says about his spacious posture—like that it's caused by having big balls—it's more likely caused by being a big dick.

—GEOFFREY GAGNON

# 50

THE PERCENTAGE OF DUDES  
WHO SAY THEY'RE  
"AMAZING" OR "VERY GOOD"  
IN BED. REALLY? REALLY?!

SOURCE: 2015 SKYN MILLENNIAL SEX SURVEY

### NUMBERS GAME

## MAN MATH

What goes through the mind of a guy as he's thinking about taking any big (or, okay, small) step with you? It begins with some emotional arithmetic.

BY JASON MARCUS

### When He's Debating Leaving You at His Place

HOW MUCH  
HE WANTS YOU  
THERE WHEN  
HE GETS BACK  
-  
YOU  
DEFINITELY  
GOING  
THROUGH HIS  
THINGS  
+  
MAYBE YOU'LL  
CLEAN A LITTLE?  
-SEEING YOU  
WITH YOUR  
RETAINER IN

### When He's Thinking of Moving In Together

HOW MUCH  
HE WANTS  
TO LIVE WITH YOU  
-  
BEER AND CHEETOS  
ALONE TIME  
+  
BETTER FURNITURE  
÷  
SEEING YOU  
WITH YOUR  
RETAINER IN

### When You Invite Him to Be Your Plus One at a Wedding

HOW JAMES  
BOND HE FEELS  
IN A TUX  
-  
HOW OFTEN  
SOMEONE  
WILL ASK HIM  
WHEN HE'LL  
PROPOSE  
X  
IS IT OPEN  
BAR?

# logy

THE HUSTLE

## 5 WAYS TO KEEP LUST ALIVE

Relationships bring comfort...and predictability. Whether you've been together 10 weeks or 10 years, dating pro

**Matthew Hussey** can help you keep things hot.

### Get Dressed Up and Go Out Together

Netflix is awesome, but if you're constantly home, you're depriving yourselves of the chance to see each other all spruced up... and the chance for him to notice that others find you attractive. There's nothing like a man watching a roomful of guys look his woman up and down to make him desire what he already has (and vice versa).

### Tell Him When You're Turned On

Guys love to hear your sexual thoughts. We pretty much think about sex all the time, so any evidence that you too have a kinky plan goes far in making you a fixture in our bank of naughty thoughts. If you text him: "You have no idea what I'm planning on doing to you later..." his heart will beat twice as fast.

### Play With Him in Unexpected Moments

Find random opportunities to build sexual tension: Playfully brush against his package under the table. Or hint at a BJ while he's on a work call. (He'll have to stop you, but he'll love that you're ready to go.)

### Make It Okay to Try New Things

A lot of men love to take the lead sexually but don't feel confident expressing their unspoken desires. Make him feel safe by taking him to a sex shop, picking out something you like, and saying, "I'd love it if you'd use this on me."

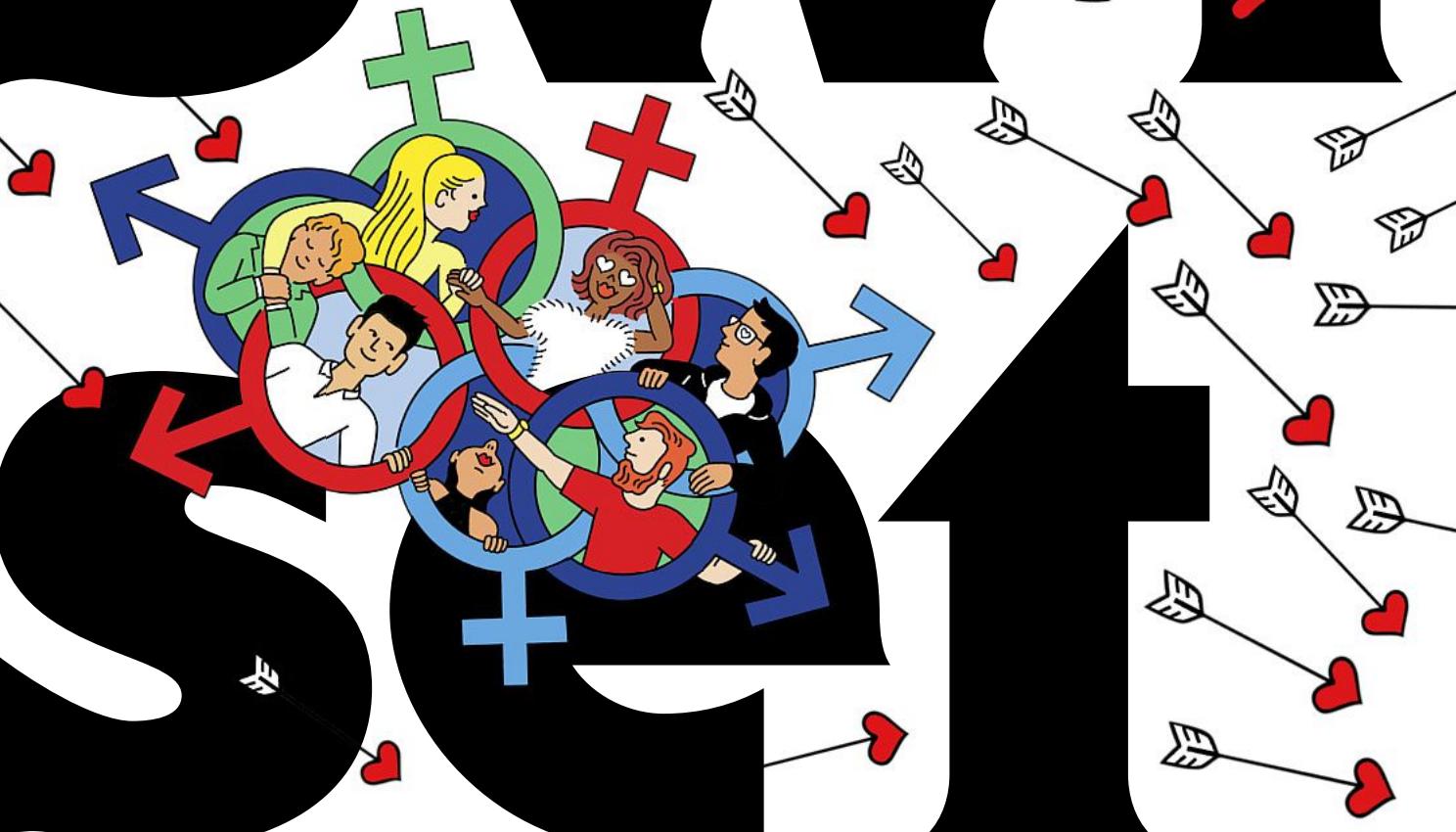
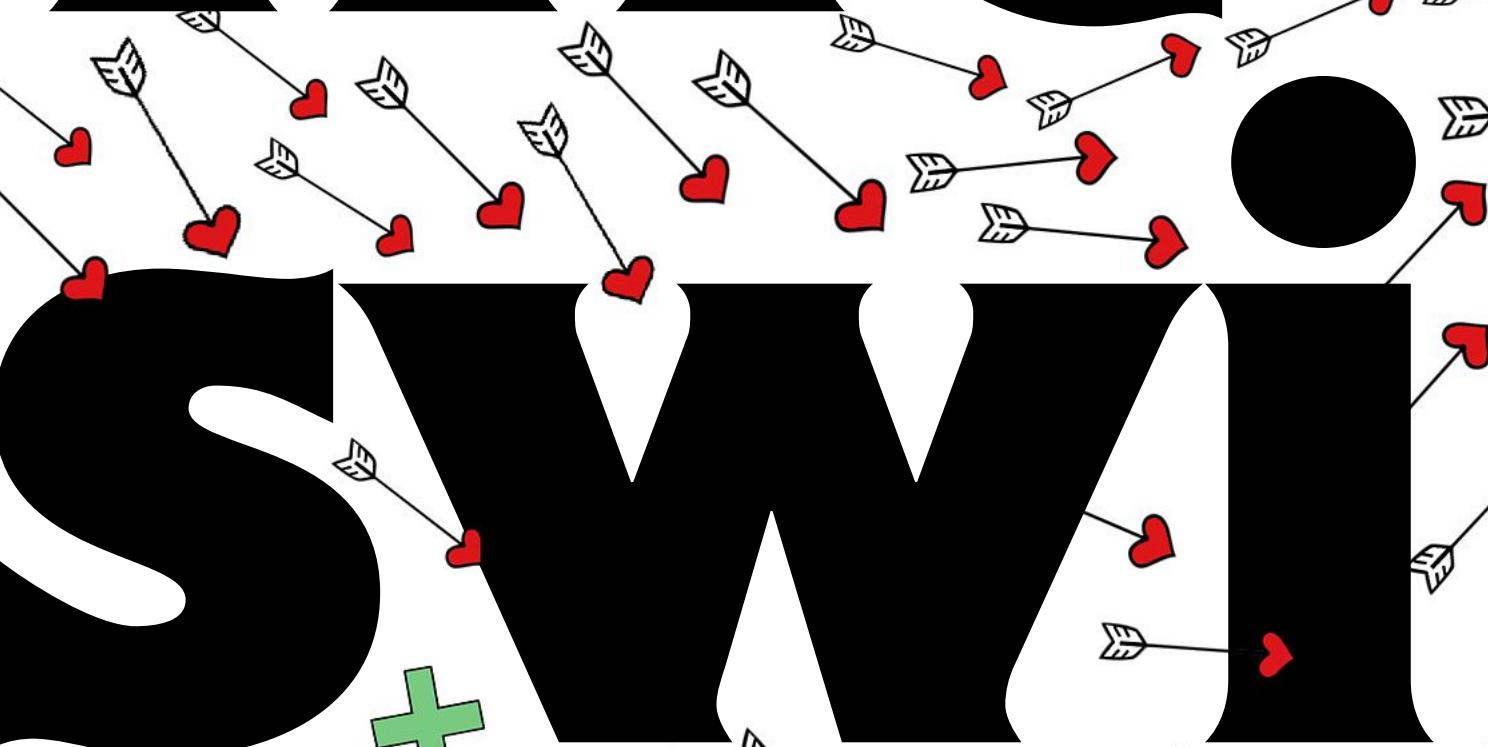
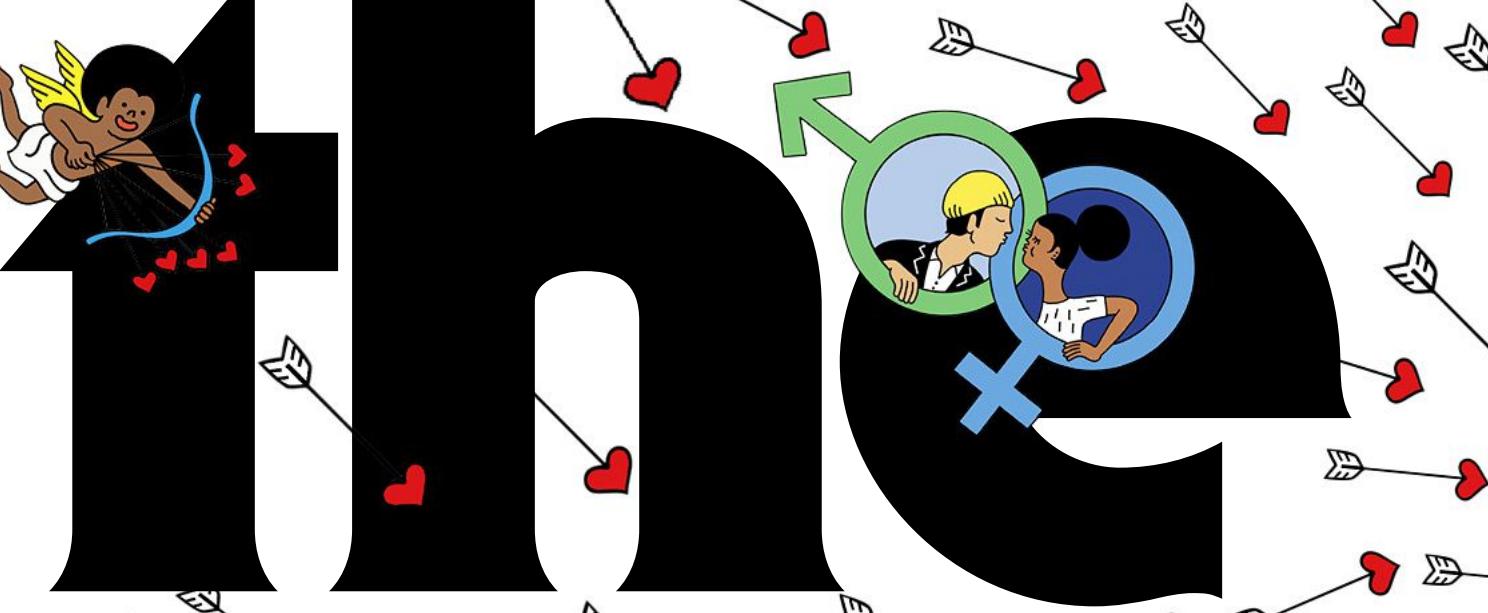
That tells him it's cool to share fantasies.

### Let Him Know Nobody Does It Better

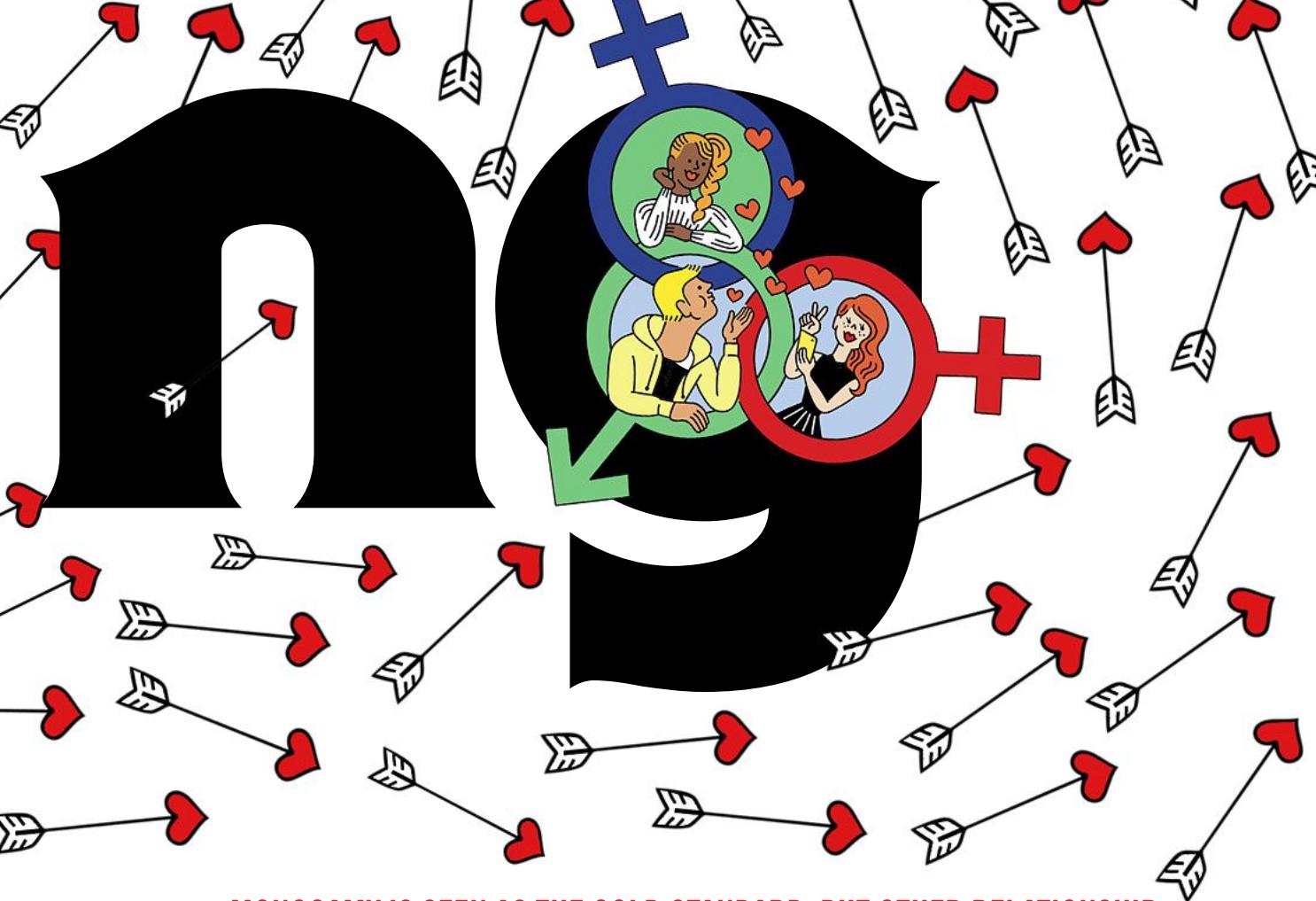
A man's sexual enjoyment is bound up with how desired he feels. Tell him what he does to you turns you on like no one else. A little flattery goes a long way.



WANT MORE FROM MATTHEW? GET HIS FREE GUIDE FOR COSMO READERS, "9 MAGIC TEXTS NO GUY CAN RESIST," AT [9TEXTS.COM/COSMO](http://9TEXTS.COM/COSMO).

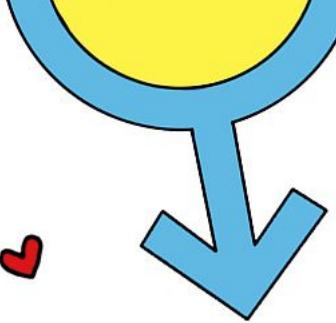


WHAT'S THE DEAL WITH OPEN RELATIONSHIPS?



MONOGAMY IS SEEN AS THE GOLD STANDARD, BUT OTHER RELATIONSHIP MODELS—THROUPLES, QUADS!—ARE EMERGING FROM THE SIDELINES AND SHEDDING THEIR STIGMA. TAFFY BRODESSER-AKNER EXPLORES WHAT IT'S LIKE TO BUCK THE NORMS OF LOVE AND SEX.

ILLUSTRATIONS BY TOMI UM



**JANE AND CARLOS ARE “LOW DRAMA” IN THEIR RELATIONSHIP, AND THEY LOVE TO HAVE FUN, AND IF THAT SOUNDS APPEALING TO YOU, AND IF YOU ARE LOW DRAMA TOO, WELL, THEY MIGHT BE INTERESTED IN HAVING SEX WITH YOU. OR A RELATIONSHIP WITH YOU. EITHER WAY, THEY’RE LOOKING TO ADD TO WHAT THEY HAVE GOING ON WITH EACH OTHER. IT COULD ALSO BE YOU AND YOUR BOYFRIEND...OR YOU AND YOUR GIRLFRIEND. BUT YOU’D BETTER MEAN IT, BECAUSE THEY’RE NOT REALLY INTO ONE-NIGHT STANDS.**



**LEXI IS 18**, but she seems to already have a lot of hurt under her belt. “I care too much and I love too much.” And so she wants to spread that love over more than one person, maybe you and your boyfriend or you and your girlfriend—hit her up. Her one requirement is simple: “I just want to be accepted for who I am.” You can do that, right?

Stephen wants “freedom, honesty, fun [prayer hands emoji].” His girlfriend already has two other lovers and a child, and Stephen has some time on his hands. So he may want to have sex with you. And as for who you are, well, “I’ve got an open heart and open mind [smiley blush-y emoji],” he says in his profile on Open Minded.com, a site helping these and other nonmonogamous people find one another.

And he does, but do you?

See, this part is harder than it seems. You can’t move forward into thinking about all the very new (and sometimes very old) alternatives to monogamy if you don’t first confront your own feelings on the topic. Like, why do you think your relationship should be just two people? Where in your brain and heart did you first start to find it startling that two people, once united, would ever want to stray from each other or include other people in their union? At what point did your upbringing—possibly Judeo-Christian and/or puritanical—dictate your ideals so absolutely?

For the uninitiated, consensual nonmonogamy rarely looks the same in any two situations. There are the polyamorous relationships, in which people openly have multiple romantic or sexual partners. There are open relationships, in which a primary couple seeks outside sex or companionship but always returns home to each other. There are swingers, who experiment with other couples, often together or somehow equally. There are other ways to be monogamish, but those are the main ones. And there’s overlap in

those definitions because that’s the point: This is people making it up as they go along so that their relationships stay fulfilling.

So think fast, because whether or not you want to examine the state of monogamy in America, ignoring it may no longer be an option. Is it sweeping the nation? Maybe, maybe not. Terri Conley, PhD, an associate professor at the University of Michigan and prominent researcher in the field of consensual nonmonogamy, has found in her research that up to 5 percent of people may be in some sort of nonmonogamous relationship. (According to recent data, up to 16 percent of women and 31 percent of men may be willing to try it.) And it seems to be growing: Open-Minded launched last April, and within a month, it had more than 8,500 registered users. By September, there were nearly 152,000. Of those people, 75 percent are paying and active users.

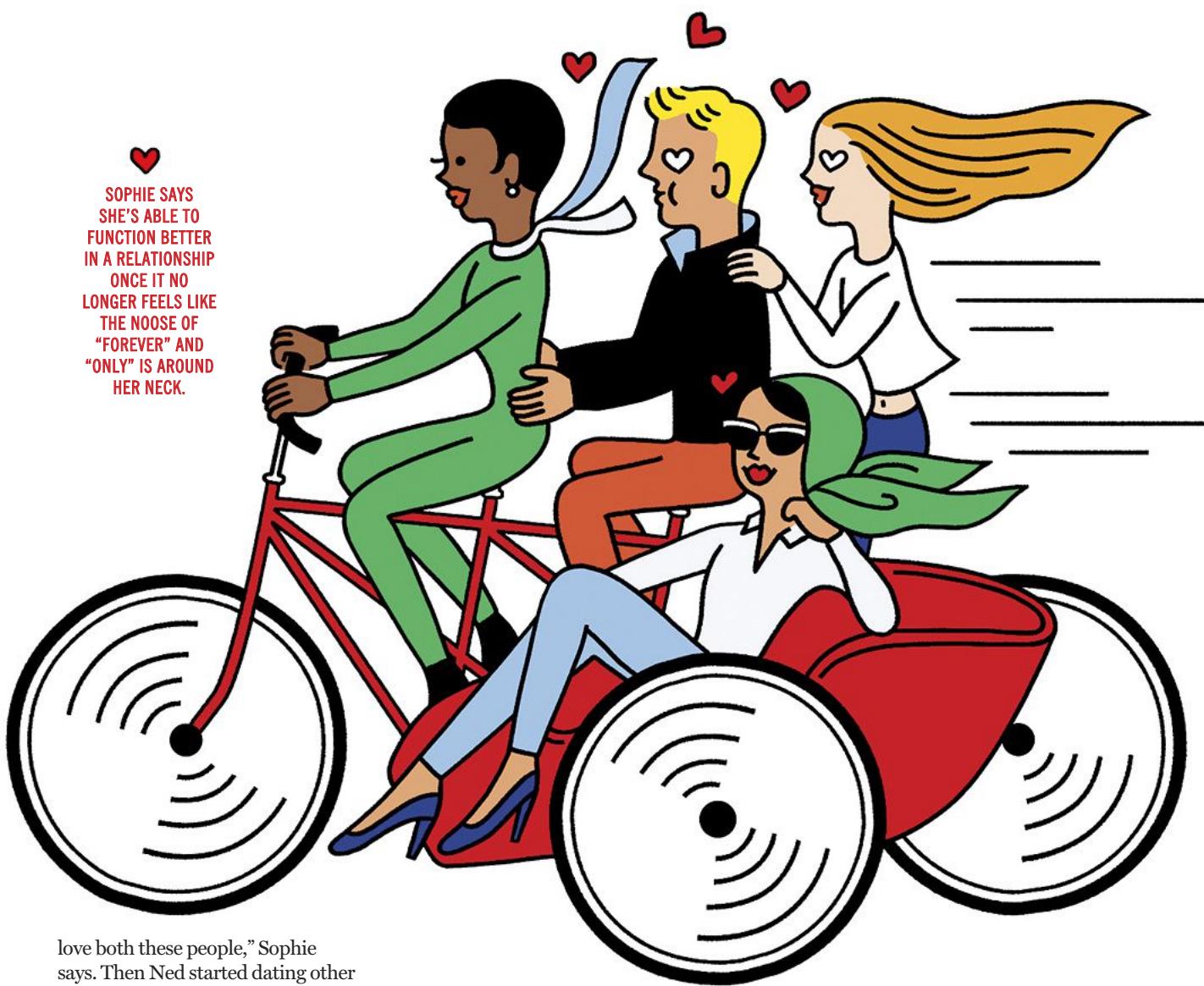
## sophie

**WHEN THE GUY** she was hoping to eventually marry broke up with her, Sophie was blindsided. She decided she could never place all her bets on one guy again.

Then she met Ned. Ned was 22 (and she was 27). Both were into something open, but they were in love, so they decided to proceed with their relationship as primary partners. But they could hook up with other people if they first told each other, and they had to tell potential hookups that they had a primary partner. Sophie, a comedian, went on a tour with some other performers and found herself hooking up with cute women following her sets. On her way to the green room, she’d send a quick text to Ned—“Just met a hot girl and am off to see what happens”—and Ned was totally cool with it.

But then Sophie and Luke went on a date and fell into a relationship. Ned was still Sophie’s primary, but more and more, it seemed like Luke was taking up more of her time. “I felt the capacity for my heart to

SOPHIE SAYS  
SHE'S ABLE TO  
FUNCTION BETTER  
IN A RELATIONSHIP  
ONCE IT NO  
LONGER FEELS LIKE  
THE NOOSE OF  
"FOREVER" AND  
"ONLY" IS AROUND  
HER NECK.



love both these people," Sophie says. Then Ned started dating other people too, and what followed were many hours of conversation. *How does this make you feel? How do you feel about those feelings? Do we need a new rule?*

Eventually, Sophie and Ned decided to "transition" out of their relationship. Sophie and Luke moved together to Chicago, where she's now in grad school for writing. She and Luke both have Tinder accounts, and they sometimes scroll through them while sitting side by side in bed, and sometimes they swipe right. Sophie finds it much easier to find guys who are into something open, whereas Luke says women are just not as into it. Sophie and Luke have rules too: They're allowed to hook up with whomever they want to, and they both prefer advance warning. They don't like to go into too many details afterward. Sometimes Luke will go out and hook up with someone he met, and Sophie will stay home in their apartment, happy as

a clam, watching old episodes of *Gilmore Girls*. Other times, she's the one going out and hooking up.

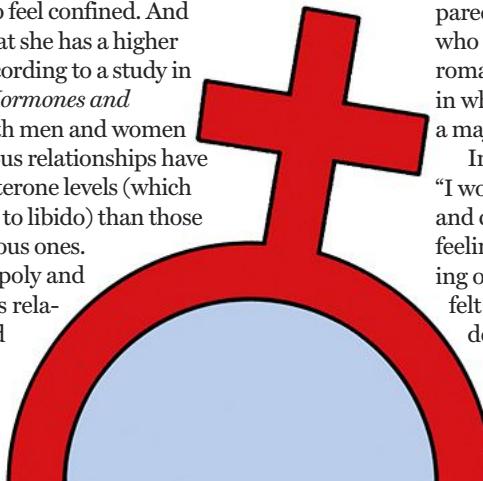
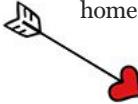
Sophie and Luke see marriage and children on their horizon. She considers herself polyamorous and is open to the idea of taking on another partner (long- or short-term) in the future—but for right now, things are good. In fact, Sophie says she's able to function better in a relationship once it no longer feels like the noose of "forever" and "only" is around her neck.

So it could be that Sophie doesn't like to feel confined. And it could be that she has a higher sex drive. According to a study in the journal *Hormones and Behavior*, both men and women in polyamorous relationships have higher testosterone levels (which are often tied to libido) than those in monogamous ones. Men in both poly and monogamous relationships had

similar levels of sexual desire, but women in poly relationships had higher levels of sexual desire and more willingness to engage in sexual activities outside an exclusive pair bond than those in monogamous relationships did.

Zhana Vrangalova, PhD, an adjunct professor of psychology at NYU who studies both nonmonogamous relationships and casual sex, believes that some of this depends on the type of relationship. "I'd expect that swingers would have higher libidos compared to polyamorous people, who focus on having multiple romantic long-term relationships, in which sex may or may not play a major role," she says.

In the past, Sophie explained, "I would be in love with someone and cheat on them and feel real feelings for the person I was cheating on them with," she told me. "I felt so broken." But now, Sophie doesn't feel broken anymore.





# HOW MULTIES FOUND THEIR WAY

THESE RELATIONSHIPS have been around for a *while*. One of the first documented examples of polyamory in the U.S. was the Oneida community in upstate New York, which existed from the 1840s to 1880, rejecting monogamy in search of a utopian ideal. (Then there are Mormon and Muslim polygamists, which entail men marrying multiple women—think *Sister Wives*. But that's not what we're talking about here, since those choices are mired in religious belief and patriarchal ideology.)

In the 1950s, swinging became more popular, because, at least ostensibly, it was a way to explore sexually without the heavy emotion and a way to keep family life at least appearing wholesome and traditional, according to Elisabeth Sheff, PhD, author of *The Polyamorists Next Door: Inside Multiple-Partner Relationships and Families*.

The next era of nonmonogamy came with the advent of the Pill in 1960, and screwing around, sex parties, orgies—all those happened under the banner of free love with no consequence. Until the AIDS crisis in the 1980s created a culture of fear that had many with a wandering eye running back to their nudie mags. We were expected to be monogamous again.

That *said*, once we knew how to reduce the risk of contracting HIV, the notion that perhaps coupling isn't the only way to go started to take flight again.

Multiple partners has often been considered a male fantasy, but as women grew stronger in their ability to earn and survive on their own, they more readily dared to explore their own fantasies.

It's not that monogamy is so bad. It's just that we're living a whole lot longer than we used to, and we meet more people (partly because of the internet). As Sheff puts it, "I've got a full stomach and a roof over my head, and orgasm doesn't necessarily mean pregnancy, so let's play."



## kate

SO ALMOST EVERYONE I spoke to is using their real first name for this story (and I've had people ask for their names to be changed on articles about urinary tract infections)...because nonmonogamy has come far, and for people who practice it, it's not really an issue. Kate, 31, would totally use her name here because the deal she and her husband of six years have set up is nothing to be ashamed of: They can have sex with someone else only when one of them is out of town; they can't hook up with the same person often; and there's a do-not-fuck list, all to protect them from having anything more than a sexual relationship with another person. Oh, and one of the rules is to tell each other everything, Kate told me, "because it can be hot, and it can sort of end up as hot, angry sex, and it could be part of a fantasy, but also because, you know, who'd want to be in the dark?"

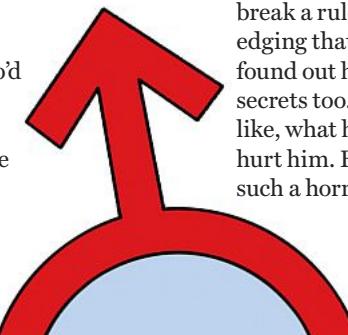
But the reason Kate is here as Kate and not as her real name is because she doesn't really fol-

ALL THE  
PEOPLE I INTER-  
VIEWED HAVE  
SETS OF RULES...  
SO MANY RULES  
THAT THEIR  
RULES HAVE  
RULES.

low all the rules they'd agreed to when they decided to become nonmonogamous about two years into their relationship. She had sex with a guy when neither she nor her husband was out of town. Then there was an ex-boyfriend on the do-not-fuck list, and well, she fucked him. And yes, that guy was out of town, but she slept with him regularly—not every day but a few times a year.

So yes, Kate is cheating on her nonmonogamous relationship. All the people I interviewed have sets of rules. So many rules that their rules have rules. But there is something inside some of the women I spoke with that isn't about needing another partner. It's about needing not to be confined by their primary one.

"I feel kind of guilty when I break a rule," Kate says, acknowledging that she'd hate it if she found out her husband has such secrets too. "I sometimes justify it like, what he doesn't know won't hurt him. But then, I'm like, that's such a horrible thing to think."





# WHAT POLYS GET RIGHT

**IN HER RESEARCH,** Conley divides her subjects into two groups: The first includes the polyamorous, “people who agree they can love more than one person at a time,” and also swingers, people who might swap a partner or do another couple-based activity. The second group are people who are in an open relationship, meaning that the other partners are always external.

Both groups rate their satisfaction as good, but the first group—the polyamorous and swingers—does better on measures of trust and commitment than the open-relationship people. Conley says monogamous couples could learn some things from them. “A lot of strategies used to help struggling married couples—empathy, speaking clearly about needs—are strategies polyamorous groups promote as far as keeping everyone in your triad or quad or whatever happy,” says Conley.

But even people in open relationships can seem more secure than those in monogamous ones, she says. Let’s say the big fear is that your partner will find someone else. Well, what if your partner finds someone, has sex with that person, and still returns to you? “That’s tremendously flattering,” she says.

And from a sexual-health lens, here’s an interesting thing: Conley’s research finds that people practicing consensual nonmonogamy use condoms far more often than monogamous people who cheat.

## alyssa

**A FEW WEEKS** before I met Alyssa, she was part of a quad, but they downsized and now she’s part of a triad, also called a throuple. Here’s how that went down: Alyssa, now a college sophomore, met Joshua, an entrepreneur, on the app Whisper. He was 31. She was 18. On their first date, he revealed he was polyamorous and hoped she wouldn’t mind. He’d been part of a throuple that had just given their third

the heave-ho. A few dates later, he brought her home to meet S., who was 25. The next morning, he left on a work trip, and when he returned, Alyssa and S. were hot for each other. Joshua soon began dating a college student we’ll call Ann, whom he met online, and he brought her into the fold. Briefly, they were four. The group of them would sleep in the same king-size bed, sometimes having sex all together, sometimes in different combinations while others watched or sat out. This was working.

There are not so many rules in this relationship. You can have sex outside it, but you have to use protection and tell the group. And you need to agree to the terms of living together in Joshua’s house (he calls it the poly house), which they all do off and on. For Ann, Joshua told her he expected her to keep working and going to school, but she quit her job and dropped out. “After many warnings to get off my couch and do something with her life, I finally had enough,” he says.

So they were back to being a throuple....until Joshua met Mary, a 25-year-old veterinary technician, through a friend. It didn’t surprise Alyssa that he had someone new. This is what Joshua does, although Joshua told me they’re all free to bring someone into the relationship if they all agree, as long as it’s a woman. (The women are all bisexual; Joshua is not. Mary has brought up the idea of letting a guy in, but he’s not having it.) Not long after that, the group decided S. needed to figure out some personal issues that were causing drama in the relationship—it was time to cut her loose.

Now, it is safe to evaluate this information and ask: Why does it look like Joshua is in charge, like maybe there isn’t so much female empowerment going on here? It’s true that in every relationship, there is someone who expresses power in one area (I make the social plans) and someone has power over other things (my husband manages bills). I should note, too, that there are poly relationships that look a lot different, in terms of gender divide and living situation, than this one. But here, it’s mostly Joshua who keeps the

dynamics in the relationship going and who, er, replaces as needed. “I’m a leader in all parts of my life,” Joshua told me. And maybe if Mary or Alyssa had said that, I’d give them a big you-go-girl, but I came away with the word *harem* stuck in my head. And yet.

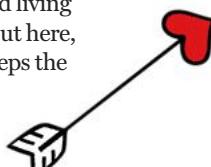
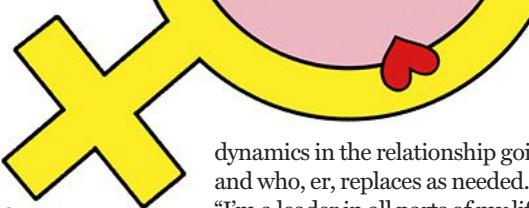
For Alyssa, “polyamory just adds so much to my life. I’m able to be in love with Joshua and Mary and still get to enjoy the other amazing people we meet.” But others never seem convinced. “Everyone asks if it’s like having to share someone, but it’s not. It’s like, I get two people.” Alyssa would like to invite her relationships over for Christmas dinner with her family, and “we’re working on it” is how she puts it.

In public, “we’ll hold hands, but instead of two people there’s three, and people do this double-take. We’re like, ‘Why is everybody looking at us?’ And then we’re like, ‘Oh.’”

## LOVE ON YOUR TERMS

**“POLYAMORY MAKES** people profoundly uncomfortable,” says Sheff. The main problem, as Conley sees it, is that society has decided that monogamy is best, even though there are many monogamous couples who aren’t happy that way. Despite the stigma, she says, “Real people will tell you this is working for them, that trying to fit into a monogamous relationship would have resulted in dishonesty or unhappiness. Real people will tell you they’re happy this way.”

So where does all this leave us? When I spoke to the people in this story, I came away with two main thoughts. One was that I couldn’t get around the notion that you could be creative enough to imagine a life for yourself outside the one that your parents outlined for you (I couldn’t!). But second was that this swing set sounded like anyone who was searching for love and a way to be happy—only they were willing to do anything possible, even things that make people stare and whisper, in order to find a sustainable way to be loved and to love. In that regard, we are all the same. ■



# PUT SPORT LEVEL PROTECTION TO THE TEST.™



Liners from Playtex® Sport® are amazingly thin, yet super absorbent, featuring a FlexFit design to twist and turn with your body. Sport Level Protection™, so you can Play On.®



WHAT'S SEXY FOR  
KYLIE ANDA

THIS MONTH, TAKE  
NOTES FROM A STAR:  
DANCE LIKE NO ONE'S  
WATCHING, GO FOR  
THE ONE YOU WANT,  
AND LIVE YOUR  
MOST CONFIDENT LIFE.

**BODYSUIT**, *House of CB*  
*London*. **SHOES**, *Gianvito*  
*Rossi*. **JEWELRY**, *EF*  
*Collection*. **RING** (left ring  
finger, worn throughout),  
Julianne's own



THIS PAGE: TOP, Bebe.  
SHORTS, American  
Eagle Outfitters.  
BELT, Vineyard  
Vines. EARRINGS,  
Jamie Wolf.  
NECKLACE, RINGS,  
Nouvel Heritage.

OPPOSITE PAGE:  
DRESS, Preen by  
Thornton  
Bregazzi. SHOES,  
Jimmy Choo.  
JEWELRY, Jamie  
Wolf

ENGAGED,  
RIDICULOUSLY  
HAPPY, AND  
STARRING IN  
"DIRTY GRANDPA"  
AND "GREASE:LIVE,"  
JULIANNE Hough  
OPENS UP ABOUT  
HER LIFE IN  
THE BALLROOM,  
BEDROOM,  
AND HOW  
SHE'S NO  
SANDRA DEE.

ONE  
TWO  
THREE  
FOUR



By LAURIE  
SANDELL  
Photographed  
By MATT JONES  
Fashion  
Director:  
AYA KANAI

# AT THE HEIGHT OF HER "DANCING WITH THE STARS" FRAME, JULIANNE HOUGH HARBORED A SECRET.

She didn't want to be known for the very thing that had propelled her to superstardom. "If someone told me they hadn't seen *Dancing With the Stars*, I would say, 'Oh, good!'" she recalls. "Everything I was getting was amazing, but I felt like, I'm so much more than this. I want to be respected as a singer and an actress."

Consider it done. Since winning her first two seasons of the show, the 27-year-old has starred in six films, snagged two Academy of Country Music Awards, and launched a successful dance tour with her brother, Derek. This month, she stars in *Dirty Grandpa* opposite Zac Efron and Robert De Niro and takes on the iconic role of Sandy in Fox's *Grease: Live*, airing January 31. "*Grease* was the first film that inspired me to be an entertainer, and I always dreamed of playing Sandy," Hough admits of landing the part. She also recently announced a long-term collaboration with MPG activewear in which she will curate and design her own capsule collections.

These days, she feels "more successful than I've ever felt because I've changed my idea of what *success* means," she reflects, stretching her toned legs at an outdoor table at GC Marketplace, a café near her home in L.A. "It means doing what I love and having fun. I don't care if I compare to this or that person—if I'm not having fun, I'm not successful."

Her career isn't the only area where she's thriving. Engaged since August to Washington Capitals hockey player Brooks Laich, Julianne looks like a woman in love. The glow from her eye-popping engagement ring, a huge sparkler set in rose gold, helps. On the opposite side of its oval-cut diamond, estimated to be more than six carats, are the couple's initials linked by a diamond heart—a personal touch added by her fiancé. "If I'm feeling scared when I'm walking [alone] somewhere, I turn it around," she confides. "Then it looks like another

ring!" It's sweet enough to give you a cavity. But the Mormon-born Utah native isn't all sugar and spice. Here, the many surprising sides of Ms. Hough.

**COSMO: YOU HAD A PRETTY UNCONVENTIONAL CHILDHOOD...**

**JULIANNE HOUGH:** "In the grand scope of things, I look back and I'm like, yeah, it's kind of crazy, but at the time, it didn't seem weird. I grew up in Utah then lived in Florida with this Russian family. I was dancing when I was 9, almost 10, then moved to London and lived with [professional dancers] Corky and Shirley Ballas. My brother and I always showed a huge passion [for dance]. My parents were going through a divorce at the time, so it was like, 'Why don't you guys go have this amazing experience for a few months while we're sorting our stuff out?' Three months turned into 5 years for me and almost 10 years for my brother. But it was our choice."

## WHAT'S YOUR RELATIONSHIP WITH DEREK LIKE NOW?

**JH:** "When we started our tour, we became really close. It's sort of like a dating relationship where everything is great because we don't really communicate that well, but we love each other, and when we hang out, everything is awesome. We're very honest with each other. Sometimes it's not necessarily what we want to hear, but we have a great relationship."

## AND YOUR RELATIONSHIP WITH THE MORMON FAITH? DID YOU WEAR THE GARMENTS?

**JH:** "We didn't wear them—that comes later in life. It's a very sacred thing. My parents wore them because they got married in the temple. My dad is still active in the church. I don't believe in the doctrine, but I'm really grateful that I grew up the way that I did because of the morals and values that were instilled in me. I really respect where my dad comes



TOP, Peter Pilotto.  
SHORTS, Denim & Supply Ralph Lauren. SHOES, Paul Andrew. JEWELRY, Jennifer Meyer

from. It's nice to have a solid person like that in your life, whether you believe in the same things or not."

#### **HOW DID YOU MEET BROOKS?**

**JH:** "I did a horror movie that never got released. I'm convinced the only reason I was meant to do that movie was to meet my fiancé. Six years prior, Teddy Sears, my costar, tried to invite Brooks—who was a good friend of his—to visit him in L.A. Brooks, who knows nothing about pop culture, joked, 'What are you going to do—hook me up with that Juicy Fruit starlet?' He'd seen the commercial and was like, 'Where do I meet a girl like *that*?' I was the girl in the commercial! Teddy remembered that comment and texted Brooks, 'You're never going to guess who I'm doing a movie with.'"

#### **WHAT HAPPENED NEXT?**

**JH:** "Teddy asked me what I wanted in a guy. I was very specific. I said, 'I want a rugged Pacific Northwestern dude who loves family, health, and outdoor activities.' He said, 'I have the perfect guy for you.' I saw a picture of Brooks and thought he was cute. I said, 'Fine—put us in a group chat.' So he did, and Brooks and I started to text.

Eventually, we met. That first night, we talked for six hours. The waiter came back three times before we even ordered."

#### **NOW HE'S IN WASHINGTON AND YOU'RE IN L.A.—IS PHONE SEX ON THE TABLE?**

**JH:** "Oh, for sure. But I'm really bad at it. Mostly we just laugh because I'm trying so hard to be sexual and dirty and I can't. Texting is easier. On the phone, I'll get halfway through and start laughing. It's an art. I applaud people who are good at it. They need to come and help me keep a straight face!"

#### **HOW DO YOU FEEL ABOUT ROLE-PLAYING?**

**JH:** "I love it. I dress up in sexy lingerie all the time. It's not

that comfortable to go to dinner in a bustier, so sometimes, I'll put on half of it with a normal bra. At dinner, I'll grab Brooks' hand and lift up my skirt, and he's like, 'What is happening?' Then he can't concentrate the rest of the night. It's so flirty. When we get home, I'll run to the restroom real quick and change the bra top. He jokes, 'Baby, you dress up for me all the time. Am I supposed to dress up for you?' And I'll say, 'Not in those kind of clothes but maybe in something else.'"

#### **BUT IT'S NOT LIKE YOU'RE IN SEXY NURSE HALLOWEEN COSTUMES.**

**JH:** "No, no. Like sexy Agent Provocateur. He's like, 'What do guys do?'"

#### **DO YOU LIKE TO BE DOMINATED?**

**JH:** "Totally. The first time he kissed me, we were sitting on his couch. It was that high school feeling where you know something is going to happen. All of a sudden, he gets up, grabs me by my ankles, pulls me around the corner of the couch, crawls on top of me, and starts making out with me. I was like, 'Take me now!' I had actually booked a hotel because he had friends staying at his house. He said, 'Why don't you stay here? I have an extra bedroom.' So that happens on the couch, then we slowly walked to our separate rooms. I was like, 'What just happened?!"

#### **WHERE'S THE MOST INTERESTING PLACE YOU GUYS HAVE HAD SEX?**

**JH:** "Oh my gosh, my dad is going to read this and flip out. In the car-rental parking lot at the airport, literally minutes before somebody pulled up next to us. It was great, especially because we hadn't seen each other for a couple of weeks."

#### **HOW LONG DID YOU DATE BROOKS BEFORE HE PROPOSED?**

**JH:** "About a year and four months. We knew from the beginning that neither of us wanted to date. We were either going to be two feet in or nothing. Anyway, we were in Coeur d'Alene, Idaho, where my family has a houseboat and Brooks and I have a house. We were dancing to music on our deck. I had an idea the proposal was coming, because you can see right through Brooks. He does not have a good poker face! I could see he was trying to set up the camera, so I pretended to turn my back, even though normally I would say, 'What are you doing?'"

#### **HAD YOU DISCUSSED WHAT KIND OF RING YOU WANTED?**

**JH:** "Yeah, he'd said, 'Just tell me what you want. Having me try to pick out a ring would be like asking you to buy hockey gear.' So I sent him a picture and specified what I liked, then I hooked him up with [jeweler] Lorraine Schwartz, who's a friend of mine. When I saw it, I thought, Holy moly, that's the biggest thing I've ever seen in my life!"

#### **BEFORE BROOKS, YOU HAD A HIGH-PROFILE RELATIONSHIP WITH RYAN SEACREST. DID YOU EXPECT THE KIND OF ATTENTION THAT CAME WITH GOING THROUGH A BREAKUP IN THE PUBLIC EYE?**

**JH:** "I definitely hated that everyone had an opinion about what I was going through. At the time, I was constantly running and touring, which sometimes looked like I was totally fine and couldn't care less, which wasn't the truth. But it was my form of being able to deal. The rest of the time, I embraced my friends and surrounded myself with good, positive energy."

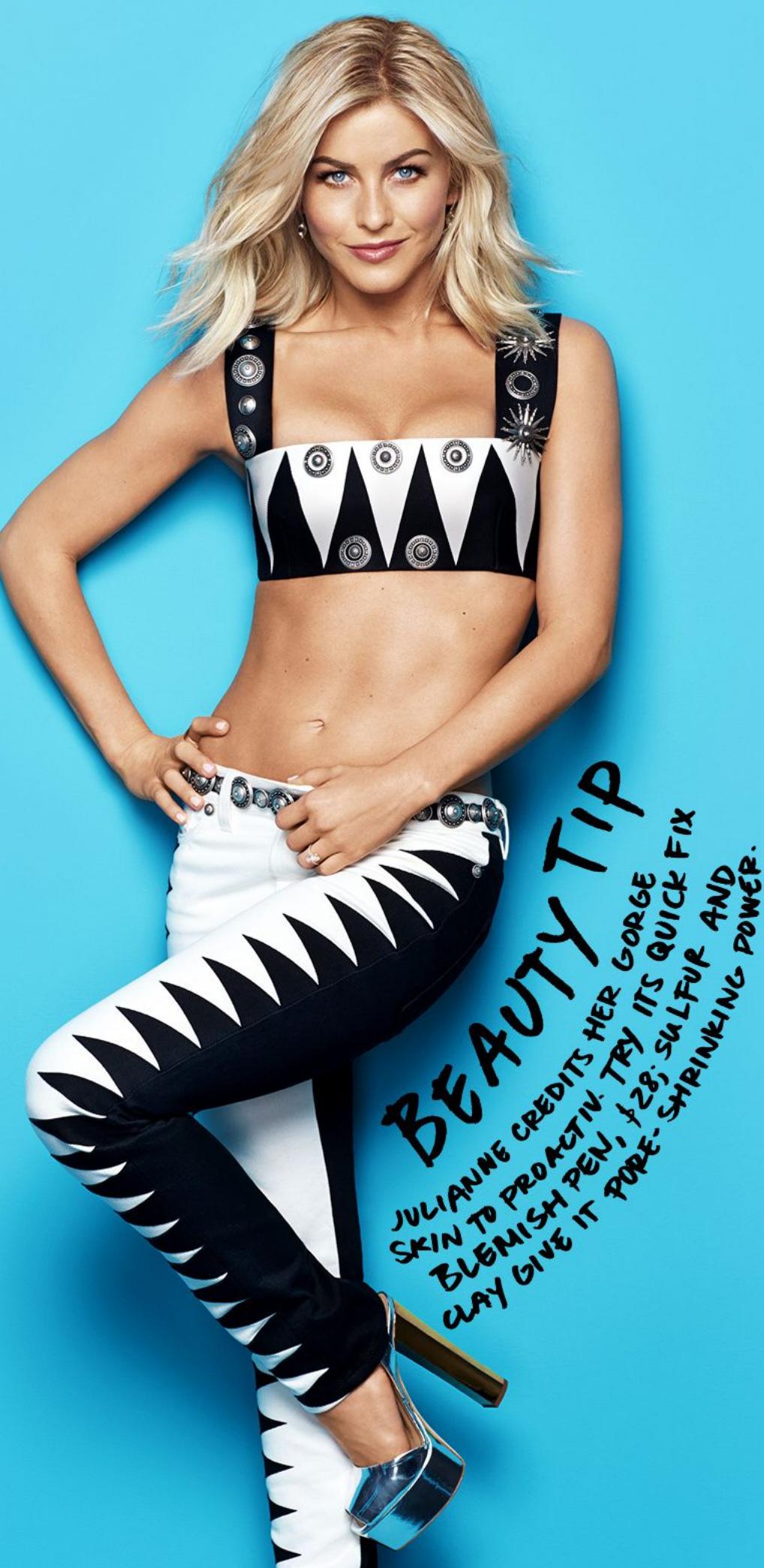
#### **THE DANCE WORLD CAN MAKE THAT HARD SOMETIMES. THERE'S SO**

**TOP, PANTS, BELT, Fausto Puglisi. SHOES, Giuseppe Zanotti Design. EARRINGS, Jamie Wolf.**

**HAIR: Mark Townsend for Dove Hair Care.**

**MAKEUP: Beau Nelson using Lancôme.**

**MANICURE: April Foreman at The Wall Group. PRODUCTION: First Shot Productions. See page 178 for shopping information.**



**MUCH FOCUS ON THE BODY. DID YOU DEVELOP ANY INSECURITIES AS A RESULT?**

**JH:** "Oh, sure. It's a blessing and a curse that I distribute my weight very evenly throughout my body, so I tend not to notice when I gain weight. Physically, I feel more beautiful now than I did when I was younger, but I am definitely aware of what my mom and grandma call their saddlebags. I call it the thass, the area between the thigh and the ass. There's no quick fix for it. You just have to bust your butt."

**WHAT'S THE FIVE-YEAR PLAN?**

**JH:** "Right now, I'm really focused on my acting. I have one more season of *Dancing With the Stars* to do, then I'm free and available. I'd love to originate the role of Elsa from *Frozen* on Broadway. I bust out "Let It Go" anywhere and anytime I can. I also want to produce what I'm in, so I've been developing a couple of TV shows and movies over the last few years with my production company, Canary House. As for life in general, Brooks and I are planners. Down the road, we'd love to have three or four kids, although I've been telling him, don't plan on any in the next five years!"

**DOES BROOKS EXPECT MORE OF A TRADITIONAL LIFE THAN THE ONE YOU ARE LIVING?**

**JH:** "Before he met me, yes. He's a 'let's have dinner at home every night' type of person. But his whole idea of what he wants and expects has changed. The same goes for me. I never had a vision of whom I would end up with or what that lifestyle would be like. I just always knew I wanted to do what I loved while raising a family. Brooks always tells me, 'I'm the sturdy pole in the middle of your life. You can be the butterfly that flies all around, but you can always land on the pole in the middle of your life.' So we're a great fit." ■

THIS PAGE: TOP, *Adam Selman*. EARRINGS, *Oscar de la Renta*. OPPOSITE PAGE: BLAZER, *L.K. Bennett*. BRA, *L'Agent by Agent Provocateur*. PANTS, *Yigal Azrouël*. SHOES, *Jimmy Choo*. EARRINGS, *Tory Burch*



...and a little pink for good measure.

Actress **ZOEY DEUTCH** shows off sexy looks tailor-made for the month of love.

FASHION DIRECTOR: **AYA KANAI**

PHOTOGRAPHED BY **MAX ABADIAN**

R

I

G

H

T

N  
O  
W







I KIND OF WANT TO START

every interview now like, 'Yes, I kissed Zac Efron....Yes, he's great!'” Zoey Deutch says. In January's *Dirty Grandpa* (costarring our cover girl, Julianne Hough), the 21-year-old joins an elite few who have had the chance to lock lips with the Zefron... and get paid for it. The awesomeness of that is not lost on her, but the actress has a whole lot more to talk about right now. For

starters, there's her blossoming career. This spring sees her as the female lead in Richard Linklater's college comedy *Everybody Wants Some*. And she's currently in production for *Before I Fall*, the hugely anticipated adaptation of Lauren Oliver's YA novel—think the next *Fault in Our Stars*.

Beyond the screen, the L.A. native (her parents are actress Lea Thompson and director Howard Deutch) has made waves on social media...and not for her #OOTDs. “I'm über-opinionated,” she admits. “I get in trouble for it all the time, and sometimes rightfully so.” Clean water, world hunger, and animal rights are just a few of the issues she's posted about, reserving the lion's share of her passion for supporting Planned Parenthood. In an open letter posted on her Twitter and Instagram accounts, she wrote that Congress's effort to defund Planned Parenthood “sends a message that middle-aged white men are still able to control women, even in a country that prides itself on being the 'land of the free.'” On what motivated her to #StandWithPP, she says, “I don't necessarily have that many followers, but the majority of them are young, and I thought they might actually read it.” The idea that it was a ballsy move didn't even cross her mind. “Of course, I care what other people think,” she says, “but with something like women's rights, I can really stand by it.” We can too. —RACHEL MOSELY

DRESS, *Marysia*  
Swim. EARRINGS,  
*Stella Valle* for  
*Target*



THIS PAGE: DRESS, *Elie Saab*. SHOES, *Casadei*. EARRINGS, *Oscar de la Renta*. OPPOSITE PAGE: DRESS, *Vassallo*. BRA, *Mimi Holliday*. SUNGLASSES, *Westward Leaning*. CLUTCH, *Mark Cross*

#### BEAUTY TIP

Red is hot...but it's the hardest hair color to maintain. Keep it as rich and radiant as Zoey's by incorporating new Clairol CC+ Coloseal Conditioner in Radiant Red, \$3.50, into your shower routine.

"I have multiple style personalities. Every other weekend, I'm garage-sale hunting for weird pieces."





“I have no problem telling you exactly how I feel. There’s a world between never sharing your opinion and telling someone that you hate theirs.”



THIS PAGE: BRALET,  
*Moschino*. SKIRT,  
*Raoul*. EARRINGS,  
BRACELET, *Oscar  
de la Renta*.  
OPPOSITE PAGE: TOP,  
SKIRT, *Missoni*.  
EARRINGS, *Tory Burch*

HAIR: *Mark  
Townsend* for *Dove  
Hair Care*. MAKEUP:  
*Melanie Inglessis*  
at *Forward Artists*  
for *Make Up  
For Ever*. MANICURE:  
*Nettie Davis*.  
PRODUCTION: *First  
Shot Productions*.  
See page 178 for  
shopping  
information.

#### BEAUTY TIP

Power brows can be as impactful as a bright red lip or sexy smoky eye. Deepen and define your arches with Maybelline New York's Brow Drama Pomade Crayon, \$10. It tints and offers all-day hold.

# 31 WAYS TO LOOK HOTTER NAKED

You're already sexy AF in the buff. But who doesn't want some extra ego-boosting magic, *amirite*? It's time to send your bare-body confidence through the roof.

BY LONI VENTI



# Look More Toned

ALL IN ONE PLACE: THE BEST BODY-SLIMMING PRODUCTS AND MUSCLE-DEFINING TRICKS—LIKE THE GYM...ONLY LAZIER.



## FLOAT TO DEBLOAT

There's a reason salt baths work wonders for puffy feet: They pull toxins out of cells. For the same results from the neck down, toss bath salts in a tub and soak for 15 minutes.

MALIE ORGANICS *Therapeutic Bath Soak*, \$45



## BRUSH WITH GREATNESS

Body brushing is key to reducing cellulite. (The increased circulation nixes fluids, which make bumps worse.)

With a natural fiber brush, make sweeping motions toward your heart.

EARTH THERAPEUTICS *Body Brush*, \$10



## SCORE FAB ABS

Packed with caffeine (the best firmer out there, according to derms), this tummy-toning gel instantly tightens by shrinking the fat cells over time (seriously).

BLISS *Fat Girl Six Pack*, \$38

## 4. TAKE A SEAT

Who wouldn't want to fight cellulite... from your couch? Our newest obsession, SweetCheeks, \$160, is a mat with a textured surface that, similar to the effect of acupressure, massages and increases circulation, temporarily minimizing lumps and bumps. Sit on it for half an hour, then factor in another half an hour for the imprint (and cellulite) to fade.

## THE QUICKIE WORKOUT

This five-minute routine can add extra definition without turning you into a sweaty mess. Celeb trainer (and author of *Ultimate Family Wellness*) David Kirsch recommends:

**5. AB MAGIC** This one is simple: Hold a high plank for one minute, wrists under shoulders and body aligned from head to heels.

**6. THIGH AND BOOTY SHAPER** Stand with feet shoulder-width apart, toes turned out. Lift heels, and lower into a squat.

Straighten legs, then lower heels. Repeat 8 to 10 times.

**7. GUN SHOW** Sit on the floor with legs hip-width apart (knees bent, feet flat) and hands behind you (fingers toward you). Lift hips to tabletop, swinging your butt through arms until legs straighten. Do 8 to 10.

## 8. GET BUZZED

Spas are now offering bod-tightening micro-currenty treatments. Conductor pads connect your butt, legs, or belly to low-level electricity, which contracts muscles. An hour-long treatment works your muscles like 300 perfect squats or sit-ups.

SOURCE: SHAMARA BONDAROFF, FOUNDER OF SB SKIN IN NYC

# 9. SIP SMART

SKIP BUBBLY BEVS LIKE SELTZER, CHAMPAGNE, AND BEER FOR A DAY—THE CARBONATION GETS TRAPPED IN YOUR BELLY. WINE OR FLAT, MIXED DRINKS ARE ALL GOOD.

SOURCE: AMANDA FOTI, NUTRITIONIST FOR SELVERA, A WEIGHT MANAGEMENT SYSTEM

# Sex Up Your Skin

FOR THE SOFTEST, SILKIEST SKIN ANYONE HAS EVER TOUCHED, GUARANTEED.

10



## EXFOLIATE IN SECONDS

You know how body scrub leaves your skin soft and glowing? A few swipes of these glycolic body pads create the same result without having to step into the shower.

CANE + AUSTIN Retexturizing Body Pads, \$70

11



## DON'T FLAKE OUT

The multilayered skin on your elbows, knees, and heels needs serious TLC in the winter. That means heavy-duty cream—not daily body lotion—followed by sweats and socks, which trap heat so the hydrating ingredients penetrate.

TATCHA Indigo Soothing Silk Body Butter, \$48

12



## MAKE LEGS GLISTEN

Fuzz-free skin reflects light best. Leave no hair behind by shaving twice—upward, then downward—to account for the various ways hairs grow. Finish with a spritz of dry oil (no rubbing means no redness or irritation).

VIBRANT SEXY HAIR Rose Elixir, \$22

# GO FOR GOLD

BRAZILIAN BABES KNOW ALL THE TRICKS. A GREAT ONE: INSTEAD OF REMOVING NON-BIKINI BODY HAIR (FROM THEIR ARMS, LEGS, EVEN BELLIES), THEY USE LIGHTENING CREAMS TO CAMOUFLAGE IT, PREVENTING PRICKLY REGROWTH. CHANNEL YOUR INNER GISELE WITH SOL DE JANEIRO GOLDEN BODY VEIL, \$39. IT WORKS IN JUST 15 MINUTES.

13

## 14. DON'T SWEAT IT

WHEN IT COMES TO ANTIPERSPIRANT, AEROSOLS (LIKE DOVE DRY SPRAY, \$5.50) BEAT STICKS FOR ONE REASON: NO WHITE CLUMPS!

15

## Moisturize in the Shower

Body lotion can make you greasy. Enter this genius fix! After washing, coat your body with lotion designed to go on wet skin. Let Nivea Cocoa Butter In-Shower Body Lotion, \$8, absorb for two to three minutes (just like hair conditioner), then rinse.

## 16. WATCH YOUR BACK

If you're prone to bacne, back facials are the bomb—paying someone to buff and extract breakouts is kind of amazing. To DIY: Gently scrub using a long-handled loofah and tea-tree oil cleanser (it heals acne). Let it absorb for five minutes, then rinse, dry, and spritz on a toner made with salicylic acid (try Neutrogena Body Clear Body Spray, \$8.50).

## ENHANCE YOUR BOOBS

(BECAUSE THAT SEXY BRA IS COMING OFF EVENTUALLY!)



17

### SCORE A ROSY GLOW

You know how lip plumper cranks circulation, making your mouth red and perky? That's what this does to your nips! It also increases sensation and tastes yummy.

**OLIVIA** All Natural Kissable Arousing Nipple Cream, \$28



18

### MAKE THEM FIRMER

Mix four bananas and an egg. Spread onto breasts, and leave on for half an hour to tighten. Option two: this cream—it temporarily lifts!

**CLARK'S BOTANICALS** Age-Defying Neck Cream, \$104

19

### CONTOUR YOUR CLEAVAGE

Sweep bronzer in a C shape around the inside of each breast to accentuate the natural curve. Then dust highlighter down the center and around each nipple.

**LANCÔME** Star Bronzer All Over Magic Bronzing Brush, \$35

19

# THINKING ABOUT FAT FREEZING?

THESE CHILLY TREATMENTS ARE GETTING A LOT OF BUZZ. HERE'S THE NEED-TO-KNOW.

## CRYOSAUNA

Also known as a cryobath, this single-person chamber exposes you to extremely cold temperatures (generally -160 to -300 degrees) from the shoulders down. Treatments last anywhere from 30 seconds to three minutes but can be stopped at any time if the client becomes uncomfortable (the door stays unlocked). While not FDA-evaluated, some research shows it can boost your metabolism and increase collagen production (for a less bumpy surface). Be sure a trained technician is present during the entire treatment.

## COOLSCULPTING

This noninvasive spot treatment—intended to shape stubborn areas (not used as a weight-loss tool)—is FDA-cleared to freeze fat cells in your stomach (and other trouble spots) via a cooling applicator. The tool is placed on your skin in the area you'd like to slim down, targets the underlying fat, and freezes the cells. Once frozen, the fat cells die and are flushed out of your system. CoolSculpting should always be performed in a medical office by a certified physician (find one at [CoolSculpting.com](http://CoolSculpting.com)).

20

21



# Glow All Over

FOR ANYONE WHO HATES SELF-TANNER—OR JUST DREAMS OF SKIN THAT RIVALS THOSE V.S. ANGELS.



## EVEN THINGS OUT

If your main goals are to hide imperfections, hydrate, and illuminate (as opposed to tanning), go for a blurring BB cream for the body.

**JERGENS** BB Body Perfecting Skin Cream, \$13



## BRONZE IN SECONDS

If, on the other hand, you'd rather look like you spent last week on an island, blend this tinted cream to a flawless glow—no self-tanner smell, no streaks, no 8-hour development time.

**BENEFIT COSMETICS** Hoola Zero Tan Lines, \$30



## SHINE ON

A-listers swear by Charlotte Tilbury's Celebrity Limb Trick: Apply this mixed metal highlighter—a blend of white, yellow, and rose golds—down legs and arms to create a longer, leaner look.

**CHARLOTTE TILBURY** Supermodel Body, \$65

# NEXT-LEVEL NAKED

These finishing touches put the *Fin* *OMFG*.

25

## SLIP ON A BODY CHAIN

Aside from complementing your skin (choose gold for warm tones, silver for cool), it makes you feel like a goddess. We heart Nasty Gal's Niyanta Body Chain, \$25.

26

## NAIL YOUR LOOK

A nude mani (get it with Essie in Topless and Barefoot, \$9) elongates arms. Navy on toes (try OPI Nail Lacquer in Give Me Space, \$10) neutralizes stiletto-induced redness.

27

## STEP INTO HEELS

A peep-toe platform pump to be exact. The flash of skin and height elongates legs and arches your back, so your butt looks curvier—and you feel like a bombshell.

28

## BLING IT ON

Flash Tats—those jewelry-inspired temp tattoos—are even sexier when you're naked. Try a vertical design placed down the spine (call in a favor from your bestie!).

29

## USE IRL FILTERS

Update your bedside lamp with a smart bulb (try Lifx at Walmart). An app lets you dim it with your phone, cast a warmer or cooler shade of white, even create color (red-light special, anyone?).

30

## STAGGER SOME CANDLES

A sneaky way to contour your body: Set lit candles at different heights in your room to make sultry, superflattering shadows.

31

## CHOOSE BLUSH-TONED BEDDING

Hit Bed, Bath, and Beyond with your go-to blush in hand. The shade you use to give your cheeks a glow will do the same thing against your body.

# Be Happier at Any Job

YES, EVEN YOURS. THESE  
SCIENCE-BACKED HAPPINESS HACKS  
GUARANTEE MUCH MORE JOB  
SATISFACTION AND FAR LESS CRYING  
IN THE BATHROOM.

BY JUDITH OHIKUARE



COURTESY SUBJECTS  
OPPOSITE PAGE: PATRICK  
SAUER/INKEYE/GETTY IMAGES

**JOB SATISFACTION** is something we have a weird tendency to file away for later. In less-wonderful moments, we stare daggers at the cubicle wall and think, *If I only had a better title/salary/manager, I'd be enjoying this more*. So prepare to have your mind blown: When it comes to work happiness, you're already the boss. "There is so much people can do to create good moments in every day," says former McKinsey consultant Caroline Webb. "Even if you can't make a really unpleasant job feel wonderful, you can learn to work within the constraints you have to make a situation better." Webb, an expert in behavioral science who has worked to increase job satisfaction for hundreds of employees in a wide variety of jobs, outlines what she's learned in her new book, *How to Have a Good Day*. We asked a handful of women to try out Webb's tips for a week and test her theory that good days don't just happen—they're made.

Meet  
the  
Happiness  
Project  
Guinea  
Pigs



**Carly Brand**, pharmaceutical company case manager, Washington, DC  
"My work can be repetitive. I want to stay motivated throughout the day."



**Maxine Powell**, bank teller, Tampa Bay area  
"I dread errors and unpleasant customer interactions. I want to learn how to push through difficult moments."



**Daniela Carrasco**, part-time tutor, Miami, FL  
"I quit teaching to start a new career. I want to learn how to deal with the uncertainty of job hunting."



**Jessica Freedman**, doctoral student, Philadelphia, PA  
"The stress of school affects my mood, health, and sleep. I want to feel less overwhelmed with my workload."

BE HAPPIER

# Before Work



## SET YOUR INTENTION

Think about the day ahead, and ask yourself: *What's my aim? What's my attitude?* "Acknowledging that you're grumpy or tired allows you to see how those things may affect you and remind you of what really matters," says Webb.

### THE VERDICT

"This was a great way to start the day," says Brand. "My job can be draining, so I set an intention to appreciate the journey. I want to stay positive and remember that what I do helps others." Our panel also found it useful to write down intentions on a sticky note. Do the same, and you'll keep the promises you made over breakfast top-of-mind, even when a customer goes HAM or tech wreaks havoc.

## PLAN A PEAK

Decide what you're most looking forward to today, however small. "Small becomes bigger when you think about it," Webb says.

### THE VERDICT

Whether their highlight was grabbing drinks with friends, going to a concert, or eating a delicious lunch, the women found it motivating to work toward a bright spot. "Starting something new to make my days better put me in a good mind-set," Freedman says. "My peak was to catch up on *Homeland*, and I wrote a list of goals to accomplish beforehand."

BE HAPPIER

# As Your Day Starts

3

## IMAGINE YOUR BEST YOU

Envision your most important task of the day—a meeting, a project that's due—and picture yourself completing and crushing that thing. Notice what you're saying and doing that leads to success.

### THE VERDICT

"This exercise helped calm my anxiety before an interview," says Carrasco. "I was really nervous, but I felt more positive after I pictured everything going smoothly. Visualizing the potential outcome—being offered a job and not being broke—also helped."

## 4 PROTECT YOUR THINKING TIME

Studies show that even small distractions can make it harder to concentrate. Set aside uninterrupted time to work on your most complex task. Group similar activities together—one hour for calls, another to do expenses—and complete each thing before starting the next.

### THE VERDICT

As someone in customer service, Powell has less control over her schedule, making this task hard. If you have little wiggle room, focus on minimizing distractions, Webb says. Download the StayFocusd Chrome extension to limit time on sites like Facebook, shut off your phone, or set an alarm for just 15 minutes. Hold firm until time's up!



BE HAPPIER

# During the Day

5

## EXPRESS APPRECIATION

Compliment or thank someone, and tell the person *why* you like what you're praising, so it sticks in her mind. Notice the effect on her and you. "If you have the opportunity to make someone's day better, it reminds you that you can make a difference," says Webb. That boosts your own well-being.

### THE VERDICT

Some of the women found giving random compliments to coworkers a bit awkward. If praise isn't part of your office culture, Webb suggests making smaller interactions feel less transactional. Give up your seat, or let a driver cut in. "Say, 'You guys are always so friendly,' when you're buying coffee," she says. "Being even slightly more generous than you need to be will have an impact."

## HEAD OFF WORK FIGHTS

Nothing blows up your day like a work interaction turned hostile. If you're in a tense moment with someone, think: *Good person, bad circumstances*. Most people aren't psychopaths, Webb notes. "If someone is being a jerk, some-

thing has probably triggered them." Acknowledge the person's frustration to take them off the defensive, and offer to help.

#### THE VERDICT

"This was hard," says Powell, who deals with irate clients daily. "I had to remind myself to take deep breaths and put a smile into my voice even when my nerves were frayed." If you're the one in melt-down mode, distance yourself from the situation. Ask: *If my best friend were going through this, what advice would I give her? Or focus your brain on something it finds rewarding, like learning. Say to yourself, How fascinating! What can I learn from this?*

#### CONNECT WITH A FRIEND

**Skip** the sad solo desk lunch, and use that time to reach out to someone you like. You don't have to have a full sit-down meal together—text or e-mail works.

#### THE VERDICT

Carrasco had a conversation with a friend she hasn't seen in a while. "It made my day, even without seeing her," she says. But lunch-time is sacred for Powell, who often has just a half-hour break. If alone time is more refreshing, it's fine to hoard it, Webb says.

#### FAKE A GOOD MOOD

**Smiling** is the new power pose: Research suggests that breathing slowly and smiling can trick your brain into a better mood...no matter how silly it feels.

#### THE VERDICT

One day a week for school, Freedman works at a hospital with people with illnesses and disabilities. To lift everyone's spirits, she smiled and spread compliments and thank-yous throughout the day. "It was noticeably effective, and I got happy feedback," she says. "I often come home feeling upset or defeated on Fridays, but afterward, I felt uplifted."

#### LABEL YOUR FRUSTRATIONS

**Simply** writing down a problem will help you move past it, Webb says—and research backs her up. When you feel irritated or upset,

write out the absolute facts (not "She ignored me" but "I sent her an e-mail last night and haven't heard back yet") and how you feel. Either now or later, read what you wrote, and decide what your "best self" would do in this situation.

#### THE VERDICT

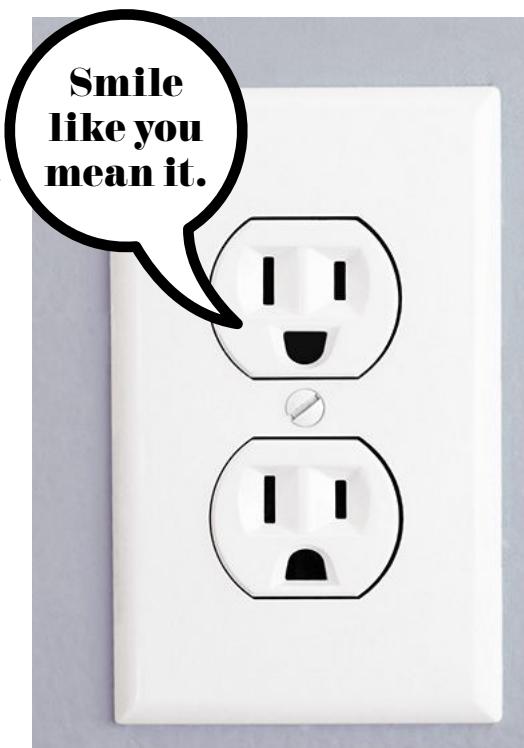
Writing out frustrations "seemed ridiculous" to some participants at first, but it was surprisingly effective. Only 10 minutes later, their concerns seemed less earth-shattering, and those who felt too low on the totem pole to complain to coworkers found a safe outlet.

#### GET OUT OF YOUR CHAIR

A million or so studies have shown that exercise improves mood, memory, and ability to focus. So get to it! The best time to exercise is whenever works best for you, Webb says.

#### THE VERDICT

Brand did dance-cardio a few times and walked a mile to work daily and says it was "a great way to clear my head." But Carrasco admits she bailed. "I know that it helps my mood, but I just hate working out," she says. If you're gymphobic, keep it simple. Take the stairs. Do jumping jacks. Sit on an exercise ball while typing.



#### BE HAPPIER

# At the End of the Day

#### EXPRESS GRATITUDE

Come up with three things from the day (tiny ones count) that you're grateful for. Write them down, tell your partner, or reflect on them while you're lying in bed.

#### THE VERDICT

Powell started a gratitude journal ("everything from a song I like to gas being under \$2 to completing my monthly training") and intends to keep it up. Freedman swapped lists with her boyfriend. At times, giving thanks was more of a challenge for Carrasco, who is in the middle of a career switch. If negative thoughts are creeping in, Webb suggests making this a game: Spy three things on your way home that make you smile.

#### POWER DOWN AT NIGHT

Working on four or five hours of sleep is like showing up drunk, research shows. Avoid looking at lit screens before bedtime, which make it harder to wind down. If you use your phone as an alarm, put it facedown by the door.

#### THE VERDICT

This struggle was real. Brand "couldn't commit" to being far from her phone/alarm, Powell lay awake after skipping her tablet reading time, and Freedman kept plugged in to study. Ease into the habit to make it stick. Do a calming activity (yoga, a crossword) 15 minutes before bed. You really will wake up calmer and more alert...just in time to figure out what to wear. ■

# WORK



## Love College? Stay There!

Academic leaders explore ideas for a living...when they aren't arguing about them. **Susan Herbst**, president of the University of Connecticut, tells how she makes the hot seat fun.

### The Campus Can Be a Career

When I was an undergrad studying political science and communications, one of my professors wanted me to go to law school. He said he'd even pay for the LSAT! I told him, "I want to do what you do." I liked the idea of spending my life being part of a big intellectual community that socializes, argues, and learns together. You don't have to have a PhD. You can work in student affairs and plan everything from treasure hunts to bystander inter-

vention programs to prevent sexual assault. You can work in research, helping scientists get grants and take inventions to market, or you could help coaches and athletes comply with NCAA rules. In all those jobs, you live among young people and shape lives.

### Moving Around Can Be a Great Thing

Working in academia, I've lived in almost every part of the country. Being geographically flexible is important these days. Say your boss calls and says, "We need you in the London

office for a year." Your immediate response might be *I can't leave*. But if worse comes to worst and you decide not to stay, you will have gained skills and could always do something else. I have so many friends I never would have known if I hadn't moved for a job.

### Try to Socialize With the Other Side

Whether we are 21 or 41, we all have to develop a thicker skin. If anyone is bullying you or physically threatening you, that is wrong and needs to be stopped. But when people just

have a different worldview, you should listen and not be afraid to argue. Be passionate but respectful. College is a good place to practice. It's a safe environment compared with the workplace, where no one really cares how you feel. If you are in a discussion course, speak up. If you are pro-Israel, go to the Islamic students' panel on foreign policy and hear them out. The first time you go, it may be hard. After the second time, you may find that they become your friends.

### Everything Can Be a Negotiation

Sometimes at work someone wants something from you, and it seems kind of crazy. Take a few days to think about your larger goals for yourself and your organization before you automatically dismiss some new project or job responsibility. Ask yourself, *What do I want that I could get out of it?* Universities have a culture of talk and negotiation...which is why it takes so long to do anything.

### Sometimes You Have to Be Harsh

At any university, there are hard decisions to make, most related to personnel. Women often want to coax or shape people into the right kind of employee, but that's not always possible. When we have to terminate somebody or have a tough meeting, we get back to our office and think, *Was I too mean?* When I was younger, I learned to take time alone to regroup or call a mentor who could give me strength. You need to collect people, inside and outside your organization, who can remind you of the big things at stake. I run the university for the students, the board, and the taxpayers. I have to do the right thing for everybody. ■



SOME THINGS ARE FULL OF HORMONES.

WE'RE NOT.



\*Minimally processed  
See back of package for ingredients used to preserve quality  
†Federal regulations prohibit the use of hormones in poultry

# Got Big Dreams?

Whatever your #MoneyGoals, **Alexa von Tobel**, CEO of LearnVest and author of *Financially Fearless*, has a plan to turn them into reality.



1

Goal

## PAY OFF CREDIT-CARD DEBT

Kudos to you! Tackling debt is the first step to meeting other money goals. To start, create a realistic monthly budget (accounting for expenses like rent, groceries, and building up emergency savings), and stick to it. If you can swing it, take on some short-term, extra work—anything helps. Then switch to a cash-only diet. Credit cards can come with sweet rewards, but you shouldn't pull out the plastic until you can pay your bill in full each month. Prioritize credit-card debt over loans, and pay off the card with the highest interest rate first. If your rates are steep and your debt may linger long-term, look into transferring the balance to a new card. Search Bankrate.com for cards with 0 percent APR, and read the fine print about transfer fees and introductory rates.

**WE MAKE A TON** of small financial decisions every day. Do you buy a \$10 salad for lunch or brown-bag it? Should you move out on your own or get a roommate? Your little decisions will be smarter (and stress you out less) if you set some bigger-picture financial goals. Name your dream, and see how everything falls into place.

## 2

Goal  
START YOUR OWN BUSINESS

I couldn't have started LearnVest without the nest egg I built up after college. I saved enough cash to keep me afloat for nine months. As you start to build your business, think through all the money that will come in (projected sales, revenue) and go out (payroll, office maintenance). Use resources like SBA.gov to create a business plan, and don't spring for expensive marketing initiatives early on. Instead, lean on social media. When you're ready to move into your own HQ, don't get too fancy with your location or furniture. Your funds should go to building your product and hiring the right talent.

## 3

Goal  
THROW A BIG WEDDING

If you want to have a more-than-modest shindig without going into debt for it, patience is the key. Give yourself time to save up. The average wedding costs more than \$31,000... and 45 percent of couples blow their budget, according to a 2014 study by The Knot. Sit down with your beloved and generate a list of needs versus wants. Ask close friends how much they spent and what was worth it. Negotiate on food and alcohol—plenty of my friends served homemade desserts instead of a custom cake—but not on services, such as staff or the band. (You want the folks working at your wedding to be happy they're there!) Consider opening a savings account just for the wedding, and calculate how much you'll need to put away weekly and what you can temporarily give up (Uber, cable). Track expenses through an app like The Knot Wedding

Planner, WeddingWire, or LearnVest. Learning how to create a financial plan with your intended is a must for the success of your big day *and* the future of your relationship.

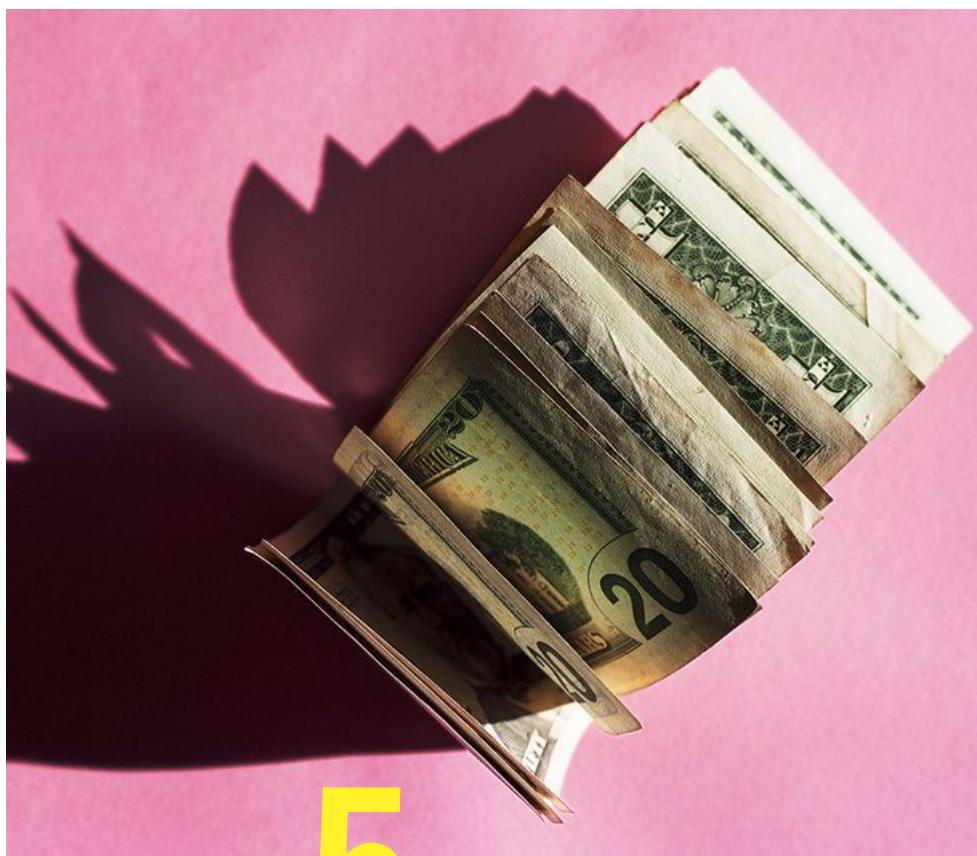
## 4

Goal  
BUY A HOME

A mortgage is a serious financial commitment, so you'll need a solid foundation. You should have little to no credit-

Budget for a 20 percent down payment, with monthly payments that never exceed 28 percent of your take-home pay. Then factor in annual property taxes and utilities and repairs, which amount to 1 to 4 percent of your home's value each year. When you're ready to ask the bank for a loan, remember that even if they *say* you can afford a mansion, it doesn't mean you can. Underspend on your home and you'll have more money for everything else that makes you happy.

and hefty emergency savings. Think about how you could bring in cash while you're gone—renting out your space is one option. Look into cards with no foreign transaction fees like Chase Sapphire Preferred or Capital One Venture Rewards. Create a budget by investigating the cost of living where you're headed. Numbeo.com helps you estimate transportation, groceries, and more. Don't forget about health coverage—if yours doesn't



## 5

Goal  
TRAVEL FOR A YEAR

If you're one of those brave souls packing up to go globetrotting, first let me say, I'm a bit jealous. You want to be financially stable when you get back, so aim to have zero credit-card debt

card debt, an active retirement plan, and an emergency fund before you start hitting open houses. A healthy credit score is the main factor in getting a good mortgage rate, so aim for at least three straight years of on-time payments on all credit cards and loans.

extend outside the U.S., you may want travelers' insurance. Finally, make sure all time-sensitive news about your money is sent to you via e-mail, so that bills don't pile up at your doorstep. Happy travels! ■



# BORN SWEET<sup>®</sup> REALZing<sup>™</sup> stevia sweetener

The moment you find a perfect sweet taste without a funny aftertaste, and zero calories.

Real ingredients.  
Perfect sweetness.

A taste of sweet excitement.<sup>™</sup>



[zingstevia.com](http://zingstevia.com)

# LIVE IT UP

EDITED BY  
JULIE VADNAL

## Wine. Cheese. Repeat.

TEXT THE  
GIRLS, GRAB  
SOME VINO,  
AND SPEND  
V DAY WITH  
YOUR ACTUAL  
TRUE LOVES:  
CHOCOLATE  
AND THE  
CHEESE PLATE  
OF YOUR  
DREAMS.

GALLERY STOCK. FOLLOWING PAGES: FOOD STYLIST: MARIA DEL MAR SACASA. PROP STYLIST: ALMA MELENDEZ.



# LIVE IT UP!

## THIS VALENTINE'S, CHEESE IS YOUR BF

Load your board with a pick from each of these five categories, says Cathy Strange, global cheese buyer at Whole Foods, and the party comes to you! Complete the spread with your fave wine (a pinot noir and a chardonnay) and chocolates (*durr*), and prepare to fall in love.

### RED ZONE

*Simi Sonoma County Pinot Noir, \$26, simiwinery.com*



### HEART YOU

*Caramel chocolate, \$15 for 6, vosgeschocolates.com*



### SAVORY

*Crumble up little bits of Roth's Private Reserve for easy eating.*



### CREAMY

*Get your goat cheese on with Vermont Creamery Bonne Bouche. (It's okay to eat the rind!)*



### NUTTY

*Cut wedges of super addictive manchego, and fan them out for a pretty display.*



### BUTTERY



**SWEET LIPS**  
Chocolate,  
\$56 for  
18-piece box,  
*maggielouise*  
confections  
.com

### Mmm... Cake!

This molten masterpiece, from pastry chef Thiago Silva of Catch NYC, bakes in the microwave! Yasss.

Place 2 T water in a stainless steel pan on low heat, add  $\frac{1}{2}$  c. bittersweet chocolate chips and a pinch of salt; stir until smooth. Remove from heat. Chill for 2 hours, then scoop out  $\frac{1}{2}$  T chocolate balls. Freeze.

Place 4 tsp. melted butter in a ramekin. Use a fork to whisk in 2 T sugar, 2 T milk, and 2 tsp. brewed coffee, followed by 2 T flour, 1 T cocoa powder,  $\frac{1}{4}$  tsp. baking powder,  $\frac{1}{8}$  tsp. salt. Add a frozen chocolate ball to center. Microwave on high for 35 seconds. Top with caramel or ice cream, and enjoy right away!

**CHEERS!**  
Simi Sonoma  
County  
Chardonnay, \$18,  
*simiwinery*.com

"People either love or hate blues," Strange says. Fourme d'Ambert is a mild middle ground.

Strange's promise on creamy and caramel-y Robusto Gouda: "It will be gone... fast."

**BAR METHOD**  
Custom chocolate,  
\$6, *swallowmywords*.com

# LIVE IT UP!

# How to Make a Sexy Bed

You want a Mount Everest of pillows. His style is more cigar bar. Follow this advice for a bed you'll both want to jump into... together.

BY DANIELLE KAM



1

## Go for Cotton

Silk sounds like a sexy-sleep no-brainer, but it's not super practical, says Missy Tannen, cofounder of bedding brand Boll & Branch.

Instead, buy 100 percent cotton. It is strong, softens with every wash, and is totally breathable (nicer for boning!). It's also easy to clean, because let's face it, stains will happen.

2

## Consider His Style Too

"Most guys won't feel comfortable in a pink and frilly room," says design expert Laura Benko, author of *The Holistic Home*. A restful compromise? Neutrals like grays and whites in simple patterns (stripes or dots) with pop-of-color pillows.

3

## Speaking of Pillows...

"Too many can be annoying to take off every time you want to have sex," says sex and relationship therapist Megan Fleming, PhD. Instead, edit your collection down to the two pillows you sleep on, two shams, and a decorative one. When it comes to propping up body parts during the deed, foam pillows hold their shape better—and are less \$\$\$—than feather ones. Oh, and another thing that just gets in the way? A flat sheet. Take it out of the equation completely.

It's one less thing to get tangled in, and bed-making will be a breeze.

## KEEP THESE AT YOUR (BED)SIDE



### THROW DOWN

By day, a linen throw amps up a duvet. But by night, it's a wrap that pulls him closer when he's on top.

**BED SCARF, \$99,**  
[westelm.com](http://westelm.com)



### WAX ON

Your visiting 'rents will never suspect this chic candle melts into scented massage oil. **AFTEROGLW CANDLE, \$29,**  
[jimmyjane.com](http://jimmyjane.com)



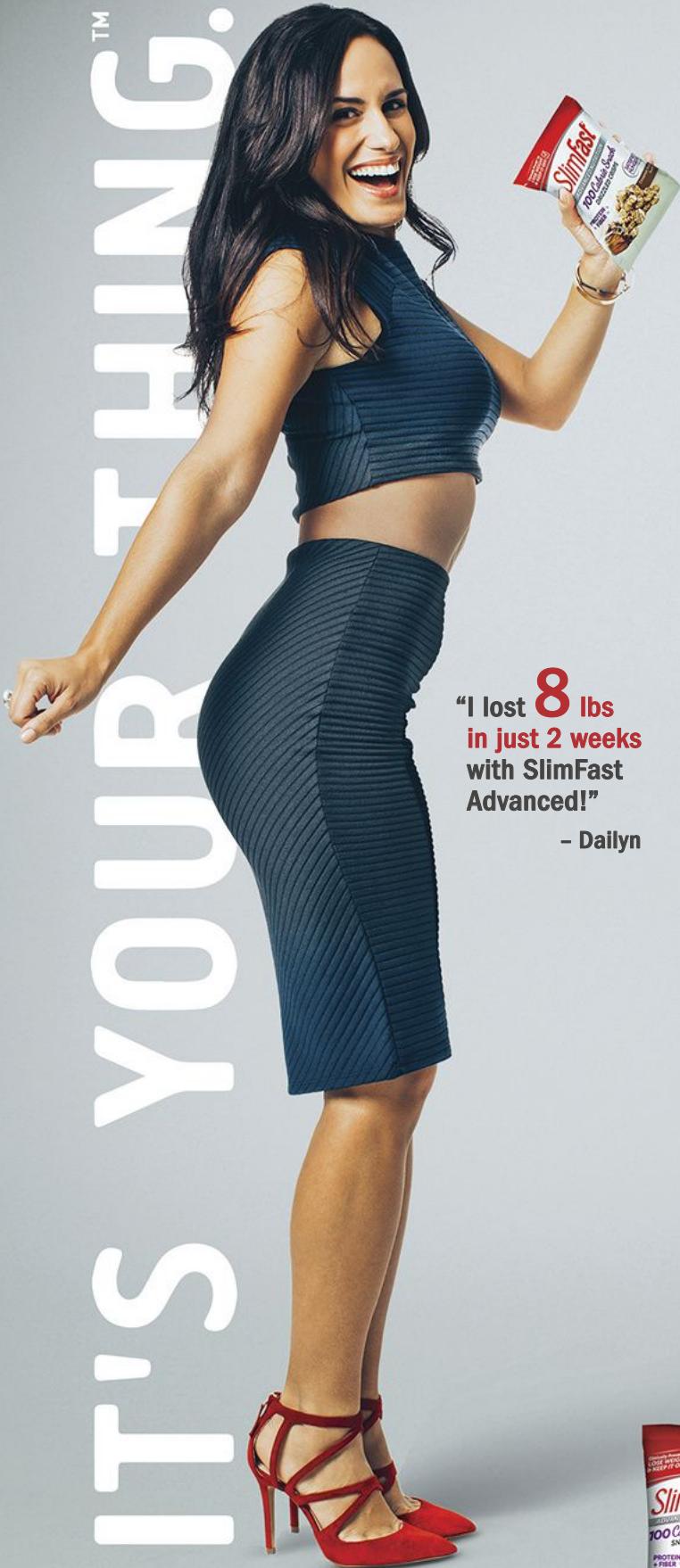
### LIGHTS, COITUS, ACTION

A soft glow sets the mood...and makes your bod look hot.

**LAMPAN LAMP, \$5,**  
[ikea.com](http://ikea.com)

NEW!

IT'S YOUR THING™



"I lost **8 lbs**  
in just 2 weeks  
with SlimFast  
Advanced!"

— Dailyn

**SlimFast®**  
ADVANCED NUTRITION

More  
protein.

Less  
sugar.

Amazing  
taste.

Now that's  
advanced!

It's easier than ever to lose weight fast and keep it off with the clinically proven SlimFast Plan.\* SlimFast Advanced has up to **20g of protein**, as low as **1g of sugar** and **100% daily fiber**!

Shakes.  
Smoothies.  
Bars.  
Snacks.



[SlimFast.com](http://SlimFast.com)

#ItsYourThing

\*Individual results may vary. Based on the SlimFast Plan (a calorie-reduced diet, regular exercise, and plenty of fluids). Check with your doctor if nursing, pregnant, under 18, following a doctor prescribed diet. © 2016 SlimFast.

# HOROSC



BY AURORA TOWER  
@AURORAASTRO

Positive astral aspects during the first half of the month will speed stalled projects. Use the New Moon's arrival on the 8th to realign yourself with your true priorities. After the Sun moves into fanciful Pisces on the 20th, your creative mojo will flare.



02.19-03.20

Life is coming full circle now. Tie up all of your loose ends, since soon, you'll be too busy with the new to spend time on the old. The Sun moves into your sign on the 20th, and big things will happen. So it's time to bring the magic, Pisces style.

**YOU NEED:** To do away with all clutter.

**PISCES GUY:** He can be a little mysterious, but we know he loves sweet surprises, so why not wake him all the way up Sunday morning?



03.21-04.20

You're moving nonstop, just the way you like it! Friends have propped you up through it all, so return the favor. Invite everyone over to wind down and maybe plan a Galentine's escape. If you take a trip, seek out a deep connection with a sexy soul around the 26th.

**YOU NEED:** To expand your horizons.

**ARIES GUY:** If he asks to whisk you away on a last-minute adventure, join him...and pack very lightly!



04.21-05.21

Praise will come from a surprise source on the 6th, so practice your most modest smile. Let inspiration lead you to victory after a chance meeting on the 14th, then celebrate with your peeps at the end of the month during a low-key, boozy game night.

**YOU NEED:** To think big.

**TAURUS GUY:** He'll hit a few walls at work. Let him bounce some ideas off you, including ones that aren't office-friendly....



05.22-06.20

Progress, ahoy! Go venture out into a new place. The change of scenery will jump-start your brainstorming session on the 14th, setting you up for success. You'll be super confident at the end of the month; make your mark near the 25th.

**YOU NEED:** To be strategic about your next moves.

**GEMINI GUY:** He has cabin fever. Wear him out with outdoorsy action, and then use up any leftover *kinketic* energy back at home.



06.21-7.22

You're in for an intense month. Examine your love life on the 5th, and decide what is working and what isn't. Even you have to walk away from some things; better options await you. On the 13th, a passion project will get a boost when well-deserved praise heads your way!

**YOU NEED:** To put yourself first more often.

**CANCER GUY:** Everyone gets moody, including him. Cozy up, and let him talk it out if he needs to. It'll bring you closer.



07.23-08.22

You can't spell love without L-E-O! Your heart will sing near the New Moon in Aquarius on the 8th. Go all in, and explore new depths in your relationships. If you're open and honest, lingering uncertainties will clear up after the 17th. Use the end of the month to reflect.

**YOU NEED:** To say what you mean.

**LEO GUY:** Flowers? Candy? He's sweeping you right off your feet. After his next gift, ride that romantic boy into the sunset!



08.23-09.22

Want some butter for that roll you're on, Virgo? Expect praise for all your hard work on the 7th—not to mention some serious changes. When the Sun moves into Pisces on the 20th, your love life will also shift. You might want a newcomer to stick around....

**YOU NEED:** To be clear about your wants and needs.

**VIRGO GUY:** He's working the same date angles hard. Use that to your advantage in the bedroom until his practice makes perfect!

PISCES

ARIES

TAURUS

GEMINI

CANCER

LEO

VIRGO

# OPE



09.23-10.22

Spice up your life! Dress your nest on the 5th, and spruce up your love life after the 17th. A flirtation could get serious, so brace yourself. By the end of the month, you'll be ready to get physical at the gym and at home with him.

**YOU NEED:** To let admirers approach you.

**LIBRA GUY:** Gah! Could he be any more charming? A night of dinner, dancing, and romance will show just how much he wants you to come first.



10.23-11.21

Balancing me-time and team-time is a challenge this month, but your focus will be rewarded on the 13th when a big obstacle clears. The Sun moves into your zone of true love and fun on the 20th, so let your hair all the way down!

**YOU NEED:** To be patient.

**SCORPIO GUY:** He needs shelter from a work storm. Give him space, but let him know that when he needs snuggle therapy, you'll be the blanket to his Linus.



11.22-12.21

Fortune will strike on the 6th, setting you up for a series of wins. Figure out how to get away during the first half of February. You could meet someone in your field who can help open new doors. Close out the month with a dinner party for friends.

**YOU NEED:** To stay on top of your schedule.

**SAGITTARIUS GUY:** He's spread pretty thin now. Suggest going for a walk where he can clear his mind and indulge in calming kisses.

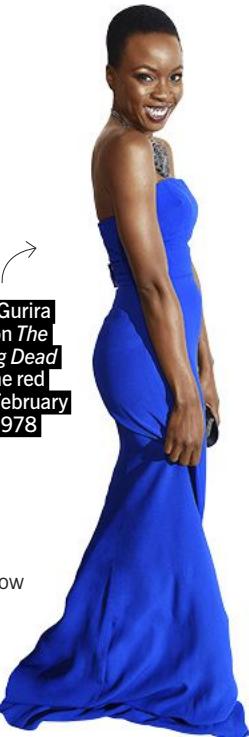


12.22-01.19

Great news on the 3rd will show everyone you have the right stuff. Then on the 10th, a lucky break will leave you gobsmacked. Your work hustle won't slow down anytime soon, so just...keep... swimming!

**YOU NEED:** To make a list of your must-do priorities.

**CAPRICORN GUY:** Take advantage of his randy mood, and find any excuse to cop a feel. Your enthusiasm will make his love cup runneth over.



Danai Gurira slays on *The Walking Dead* and the red carpet. February 14, 1978



## AQUARIUS

01.20-02.18

**Stellar gifts:** A fiercely loyal friend, you always speak up for yourself and others.

**Blind spots:** Because you revel in your own creativity, you can sometimes be stubborn and resistant to the ideas of others.

**Fashion faves:** Unique clothes with lively colors or prints that flatter your figure and can be worn multiple ways.

**Indulgence:** QT with your gal pals at a cozy locale or gallivanting on a far-off escape.

**Seduction style:** Your affectionate charm makes it easy for you to turn good friends into much more! Once you're comfortable with someone, you draw them in with your imagination, in and out of bed.

**Your month:** The New Moon in your sign on the 8th will give you the boost you need to set old plans into motion. Remember: No woman is an island. Seek out guidance from your inner circle and trustworthy acquaintances. Their honest input and your hard work will pave the way for fabulous news on the 26th.

**Your year:** Some areas of your life haven't shaped up the way you hoped they would, but stay the course. Lean fearlessly into change, whether that means repositioning yourself at work or being honest about the role you play in your personal relationships. April and December are great times to get going. You'll need plenty of support, so let yourself love and be loved in August and October, your most romantic months of the year.

**You need:** To let your core values and priorities guide you.

### BEST MATCHES

**Leo:** As highly social people, you both love to entertain friends in public...and each other in private!

**Gemini:** The intellectual spark you share keeps you up talking through your words...and hands.

## AQUARIUS GUY

*The Weeknd*  
02.16.90



**LOVES:**  
Go-getters who march to the beat of their own drums.

**HATES:**  
Inconsiderate people who bail at the last minute.

**DREAM DATE:**  
An artsy show with audience participation.

**WIN HIM OVER:**  
By embracing his spontaneity, living in the moment, and staying true to yourself.



LIBRA SCORPIO SAGITTARIUS CAPRICORN

CAPRICORN

# bitch it out!

TWEET OR 'GRAM YOUR GRIPE AND PHOTO (HASHTAG: #BITCHITOUT) OR E-MAIL INBOX @COSMOPOLITAN.COM (SUBJECT: BITCH IT OUT). IF WE PRINT IT, YOU GET \$50!

CRAZY SITUATION WORKING YOUR LAST NERVE? VENT HERE!



LOW ROLLER

"Saw this last night at casino in DE! Oh craps! New boxers = priceless. WTF happened back there?" —RHEN K., 47



STRUGGLE BUS

"There is a time and place for a burrito bowl, and on the bus next to me is not it." —SARA A., 45



CHEEK, PLEASE

"This lady was old enough to know better. Just what I want to see while picking up my tacos!" —VALERIE J., 28



DEADLIFT

"Really? Do you know how dangerous this is?!" —TIFFANY K., 32

## SHOPPING INFORMATION

### TABLE OF CONTENTS

PAGE 3: REDVALENTINO, redvalentino.com. OSCAR DE LA RENTA, Oscar de la Renta boutiques.

PAGE 6: FLEUR DU MAL, fleurdumal.com. H. STERN, hstern.net. CHANEL, chanel.com.

### IN HER OWN WORDS

PAGE 18: LOVE HAUS, beachbunnyswimwear.com. 3X1, 3x1.us. DIESEL BLACK GOLD, similar styles available at dieselblackgold.com. EF COLLECTION, efcollection.com.

### WHAT'S SEXY FOR FEBRUARY

PAGE 139: HOUSE OF CB LONDON, houseofcb.com. GIANVITO ROSSI, net-a-porter.com. EF COLLECTION, efcollection.com.

### DANCING QUEEN

PAGE 140: BEBE, bebe.com. AMERICAN EAGLE OUTFITTERS, ae.com. VINEYARD VINES, vineyardvines.com. JAMIE WOLF, jamiewolf.com. NOUVEL HERITAGE, nouvelheritage.com.

PAGE 141: PREEN BY THORNTON BREGAZZI, shopbop.com. JIMMY CHOO, jimmychoo.com. JAMIE WOLF, jamiewolf.com.

PAGE 143: PETER PILOTTO, Moda Operandi. DENIM & SUPPLY RALPH LAUREN, ralphlauren.com. PAUL ANDREW, paulandrew.com. JENNIFER MEYER, Barneys New York.

PAGE 145: FAUSTO PUGLISI, Curve, NY. GIUSEPPE ZANOTTI DESIGN, giuseppezanotti.com. JAMIE WOLF, jamiewolf.com. PROACTIV, amazon.com.

### RED-HOT RIGHT NOW

PAGE 146: ADAM SELMAN, similar styles available at Opening Ceremony. OSCAR DE LA RENTA, Saks Fifth Avenue.

PAGE 147: L.K. BENNETT, lkbennett.com. L'AGENT BY AGENT PROVOCATEUR, lagentbyap.com. YIGAL AZROUEL, select Nordstrom locations. JIMMY CHOO, jimmychoo.com. TORY BURCH, toryburch.com.

PAGE 148: MARYSIA SWIM, marysiaswim.com. STELLA VALLE FOR TARGET, target.com.

PAGE 150: ELIE SAAB, Neiman Marcus. CASADEI, casadei.com. OSCAR DE LA RENTA, Saks Fifth Avenue.

PAGE 151: VASSALLO, call 877-

425-4651 to order. **MIMI HOLIDAY**, [mimiholiday.com](http://mimiholiday.com). **WESTWARD LEANING**, [westwardleaning.com](http://westwardleaning.com). **MARK CROSS**, [nordstrom.com](http://nordstrom.com). **CLAIROL**, drugstores.

**PAGE 152:** **MISSONI**, [missoni.com](http://missoni.com). **TORY BURCH**, [toryburch.com](http://toryburch.com).

**PAGE 153:** **MOSCHINO**, Moschino boutiques. **RAOUL**, [raoul.com](http://raoul.com). **OSCAR DE LE RENTA** (earrings), Oscar de la Renta boutiques; (bracelet) Neiman Marcus. **MAYBELLINE NEW YORK**, drugstores.

### 31 WAYS TO LOOK HOTTER NAKED

**PAGE 155:** **MALIE ORGANICS**, [malie.com](http://malie.com). **EARTH THERAPEUTICS**, [earththerapeutics.net](http://earththerapeutics.net). **BLISS**, [blissworld.com](http://blissworld.com). **SWEET CHEEKS**, [sweetcheeksproducts.com](http://sweetcheeksproducts.com).

**PAGE 156:** **CANE + AUSTIN**, [sephora.com](http://sephora.com). **TATCHA**, [tatcha.com](http://tatcha.com). **VIBRANT SEXY HAIR**, [sexyhair.com](http://sexyhair.com). **SOL DE JANEIRO**, [soldejaneiro.com](http://soldejaneiro.com). **DOVE**, drugstores. **NIVEA**, drugstores. **NEUTROGENA**, drugstores.

**PAGE 157:** **LUZ DE LA RIVA**, **OLIVIA**, [luzdelariva.com](http://luzdelariva.com). **CLARK'S BOTANICALS**, [clarksbotanicals.com](http://clarksbotanicals.com). **LANCÔME**, [lancome-usa.com](http://lancome-usa.com). **PAGE 159:** **JERGENS**, drugstores. **BENEFIT**, [benefitcosmetics.com](http://benefitcosmetics.com). **CHARLOTTE TILBURY**, [charlottetilbury.com](http://charlottetilbury.com). **NASTY GAL**, [nastygal.com](http://nastygal.com). **ESSIE**, [essie.com](http://essie.com). **OPI**, [ulta.com](http://ulta.com).

### JANUARY CORRECTION

**PAGE 31:** **BEANIE**, Gap, \$24.95, [gap.com](http://gap.com).

### MOVIE SWEEPSTAKES

NO PURCHASE NECESSARY TO ENTER OR WIN. *Cosmopolitan*

Magazine *My Big Fat Greek Wedding 2* Sweepstakes. Sponsored by Hearst Communications, Inc. Beginning January 12, 2016, at 12:01 a.m. ET through February 8, 2016, at 11:59 p.m. ET, go to [Cosmopolitan.com/GreekMovie](http://Cosmopolitan.com/GreekMovie) on a computer or wireless device and complete and submit the entry form pursuant to the onscreen instructions. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. One (1) grand-prize winner will receive a private screening of the movie *My Big Fat Greek Wedding 2* for grand prize winner and 49 guests at a movie theater in or near the grand-prize winner's hometown, tentatively scheduled for the week of March 21, 2016, pending theater availability (ARV: \$599). Twenty-five (25) runner-up winners will each receive one (1) Fandango promotional code that may be used to redeem two (2) movie tickets (up to \$40 total value) to see *My Big Fat Greek Wedding 2* at a Fandango partner theater in the U.S., scheduled to open in theaters March 25, 2016 (ARV: \$40). Must have reached the age of 18 or older and be a legal resident of the 48 contiguous states or D.C. (excluding Alaska and Hawaii) at the time of entry. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at [Cosmopolitan.com/GreekMovie](http://Cosmopolitan.com/GreekMovie).

### READER FEEDBACK SURVEY SWEEPSTAKES

NO PURCHASE NECESSARY TO ENTER OR WIN. Reader Feedback Sweepstakes. Sponsored by Hearst Communications, Inc. Beginning December 1, 2014, at 12:01 a.m. ET through December 31, 2015, at 11:59 p.m. ET, go to [FebruarySurvey.Cosmopolitan.com/Birchbox2016](http://FebruarySurvey.Cosmopolitan.com/Birchbox2016).

.com, and complete and submit the entry form pursuant to the onscreen instructions. One (1) grand-prize winner will receive \$5,000, one (1) second-place winner will receive a \$500 American Express gift card, and ten (10) runner-up winners will receive a \$100 American Express gift card. Odds of winning depend on the total number of eligible entries received. Must be a legal resident of the 50 United States, District of Columbia, or Canada who has reached the age of majority in his or her state, territory, or province of residence at time of entry. Void in Puerto Rico, the Province of Quebec, and where prohibited by law. Sweepstakes subject to complete official rules available at [FebruarySurvey.Cosmopolitan.com](http://FebruarySurvey.Cosmopolitan.com).

### BIRCHBOX

NO PURCHASE NECESSARY TO ENTER OR WIN. Birchbox Gift Card and Products Sweepstakes. Sponsored by Hearst Communications, Inc. Beginning January 12, 2016, at 12:01 a.m. ET through February 9, 2016, at 11:59 p.m. ET, go to [Cosmopolitan.com/Birchbox2016](http://Cosmopolitan.com/Birchbox2016) on a computer or wireless device and complete and submit the entry form pursuant to the onscreen instructions. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Five (5) winners will each receive one (1) \$100 Birchbox gift card and four (4) Birchbox products. Total prize package ARV: \$158. Must be 18 years or older and a legal resident of the 50 United States or the District of Columbia. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules available at [Cosmopolitan.com/Birchbox2016](http://Cosmopolitan.com/Birchbox2016).

### DO YOU HAVE A PROBLEM WITH YOUR SUBSCRIPTION? ARE YOU MOVING? GET HELP AT OUR CUSTOMER-CARE WEBSITE AT [SERVICE.COSMOPOLITAN.COM](http://SERVICE.COSMOPOLITAN.COM)

*Cosmopolitan* (ISSN 0010-9541) is published monthly, 12 times a year, by Hearst Communications, Inc., 300 W. 57th Street, New York, NY 10019 U.S.A. Steven R. Swartz, President & Chief Executive Officer; William R. Hearst III, Chairman; Frank A. Bernack, Jr., Executive Vice Chairman; Catherine A. Bostron, Secretary; Hearst Magazines Division: David Carey, President; John P. Loughlin, Executive Vice President and General Manager; John A. Rohan, Jr., Senior Vice President, Finance. © 2015 By Hearst Communications, Inc. All rights reserved. *Cosmopolitan* is a registered trademark of Hearst Communications, Inc. Subscription prices: U.S.A. and possessions: \$29.97 for one year; \$57.94 for two years; Canada add \$15 per year; all other countries add \$24 per year. *Cosmopolitan* will, upon receipt of a complete subscription order, undertake fulfillment of that order so as to provide the first copy for delivery by the postal service or alternate carrier within four to six weeks. Periodicals postage paid at New York, New York, and at additional mailing offices. Canada post international publications mail product (Canadian distribution) sales agreement no. 40012499. Mailing lists: From time to time, we make our subscriber list available to companies that sell goods and services by mail that we believe would interest our readers. If you would rather not receive such mailings, please send your current mailing label or exact copy to: *Cosmopolitan*, Mail Preference Service, O.O. Box 6000, Harlan, IA 51593. For customer service, changes of address, and subscription orders, log on to Service. *Cosmopolitan*.com or write to Customer Service department, *Cosmopolitan*, P.O. Box 6000, Harlan, IA 51593. To assure quicker service, enclose your mailing label when writing to us or renewing your subscription. Renewal orders must be received at least eight weeks prior to expiration to assure continued service. Manuscripts, drawings, and other material submitted must be accompanied by a stamped self-addressed envelope. *Cosmopolitan* cannot be responsible for unsolicited material. Printed in U.S.A. Canada BN number 10231 0943 Rt. Postmaster: Send all UAA to CFS (see DMM 707.4.12.5); nonpostal and military facilities: send address corrections to *Cosmopolitan*, P.O. Box 6000, Harlan, IA 51593. Vol. 260 no. 2

# hotlist

>PRIZES  
>HAPPENINGS  
>STUFF

HOT



### I AM JUICY COUTURE

Juicy Couture Fragrances took over New York Fashion Week to inspire women to take bold and fearless selfies and tell us why they play by their own rules! Check out some of the glamorous rebels who made their statement to the world!

The new fragrance I AM JUICY COUTURE is available at **Macy's** and **Macy's.com**

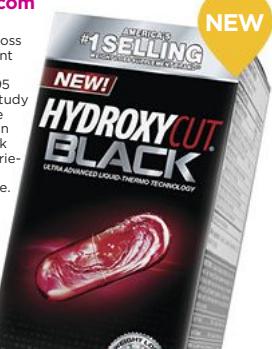
### YOU'VE NEVER LOOKED BETTER IN BLACK

Hydroxycut® Black is a groundbreaking weight loss formula<sup>1</sup> that incorporates liquid-thermo technology and leading-edge sensory to trigger thermogenesis, boost metabolism, and enhance energy and focus<sup>2</sup>.

**Hydroxycut.com**

<sup>1</sup>Average weight loss with key ingredient (*C. canephora robusta*) was 10.95 lbs. in a 60-day study with a low-calorie diet, and 3.7 lbs. in a separate 8-week study with a calorie-reduced diet and moderate exercise.

<sup>2</sup>Benefits provided by an additional key ingredient (caffeine anhydrous).



# COSMO QUIZ

**1.** You're at a lame party with a bunch of people you don't know. To spice things up, you suggest a game of:

- a. Heads Up! I'll need that iPhone footage for the a.m., when I'm piecing together the night.
- b. Eff, Marry, Kill. Only rule: You can't use the names of anybody in the room—too mean.
- c. Egg Russian Roulette—naked.

**2.** You swiped right, and "It's a Match!" Now what?

- a. Respond with #BBHMM lyrics, and hope the exchange goes viral.
- b. Suggest you meet for drinks—with all your girls in tow.
- c. Send your home address and an eggplant emoji—screw the small talk.

**3.** Your friend hands you her grasshopper taco that you just "have to try." You:

- a. Say, "Hell, nah" but Insta a shot of it anyway with #Eeeeats.
- b. Strategically take the teensiest bite that's all tortilla.
- c. Down the whole thing grunting "I am the grass-hoppa!"

**4.** On any given beach vacation, you can be found:

- a. Crafting the ultimate Hot-Dog Legs Insta-post with #VacayVibes.
- b. Three rum punches in at the hotel pool. Sand sucks—and um, sharks much?!
- c. Drunk Flyboarding like a boss.

**5.** You want to try a new workout class, so you:

- a. Kickbox with Gigi Hadid's trainer—perfect for the black-eye lens on Snapchat.
- b. Try aerial yoga, suspended above a Tempur-Pedic mattress for your back probs.
- c. Take up UFC. You're ready to throw down. Ronda who?

# HOW ADVENTUROUS ARE YOU?

BY DANIELLE KAM AND HELEN ZOOK

## THE BREAKDOWN

### Mostly A's LIVING FOR THE SNAPS

You love a good thrill...if it involves hashtags and hella Likes. For you, the biggest risk is leaving your house with a low battery. Social media is fun, but when it cuts into adventure time IRL, you've got a problem. Lose the charger cord, and see what life feels like with #NoFilter.

### Mostly B's PROCEEDING WITH CAUTION

You're always down for a good time, given you're home before the clock strikes midnight. Balance is key, but ending the fun too early may paint you as a Debbie Downer. Try to live in the moment, Cindy—your royal carriage won't turn into a pumpkin spice latte.

### Mostly C's ACTING FIRST, THINKING LATER

You're the squad's token thrill seeker. But being too eager to flirt with danger may be a distraction from the real stresses in your life. We get it, adventure is mad fun, but make sure the next time you swim with sharks, you have your life on lock.



# ALGENIST

Biotechnology from San Francisco

33%  
CLINICALLY  
MEASURED  
REDUCTION  
OF VISIBLE DEEP  
WRINKLES IN JUST  
10 DAYS\*



**NEW**

## POWER Advanced Wrinkle Fighter System

**With AlgaProtein & Alguronic Acid**  
Breakthrough anti-wrinkle ingredients

An advanced wrinkle fighting system to fight fine lines and even the deepest wrinkles. POWER reduces the size and depth of wrinkles, plumps skin, boosts radiance and provides an instant all-around smoothing effect. Skin is more supple and youthful-looking in just 10 days.

Exclusively available at Sephora, QVC, and [algenist.com](http://algenist.com)

CHANEL

©2014 CHANEL® Inc. COCO® The Classic Bottle. © 2014 CHANEL® Inc.

coco mademoiselle



AVAILABLE AT CHANEL.COM